

# VALLEY STAR

los angeles valley college's

the independent student newspaper

FULL  
SPEED  
AHEADValley fails short  
in their latest  
home meet. »6

lavalleystar.com

March 24, 2010

Volume 72 Issue 5

## Torquato Pleads No Contest

The Valley College Associate Professor pled no contest to battery on Friday.

JOSH SPENCE  
CO-EDITOR IN CHIEF

Van Nuys — Valley College Associate Professor Richard Torquato was sentenced to 36 months summary probation and 45 days of community service after pleading no contest to battery charges at the Los Angeles Superior Court Friday.

Torquato was initially charged with violations of Penal Code 243.4(E) (1), which involves sexual battery, Penal Code 647.6(A)(1), which is defined as molestation of any child under 18 years of age, and 273A (B), a charge of willfully causing a child to suffer any physical pain or mental suffering. These charges were made involving Seda Arepetyan, a student during the Fall 2009 semester after an incident that occurred on campus.

A no contest plea is entered when the defendant neither admits nor denies the charge, therefore dissuading a definitive guilty or not guilty plea. While not technically a guilty plea, no contest has the same immediate effect as a guilty plea, and is often offered as a part of a plea bargain. By pleading no contest, the defendant's plea cannot be construed as an admission of guilt thereby prohibiting any allocution to be entered as evidence.

"Sometimes in cases of a plea deal we allow defendants to plea to another charge as long as the sentence fits the guidelines we've laid out," stated city attorney's office spokesperson, Frank Mateljean.

Torquato could not be reached for comment regarding the sentencing. The Valley Star also asked Torquato's

[See **TORQUATO**, Page 8]



SCOTT MITCHELL | VALLEY STAR

### AND THEY'RE OFF!

Over 25,000 runners participated in last Sunday's annual Los Angeles Marathon. Kenyan runner Wesley Korir, seen frame right, wearing number one, is starting strong to win his second L.A. Marathon in a row. See **MARATHON**, Page 6

## Health Care Bill Affects Students

Sunday night's passing of a decade-long battle for health care reform also affects student loans.

LUCAS THOMPSON  
MANAGING EDITOR

He said what he was going to do.

In just a little over a year of his young presidency, Barack Obama has accomplished one of his biggest goals, Health care Reform.

"Tonight, at a time when the pundits said it was no longer possible, we rose above the weight of our politics," Obama said from the East Room of the White House, according to the L.A. Times. "We proved we are still a people capable

of doing big things and tackling our biggest challenges."

After almost a half-century of work, Obama officially signed the overhaul in health care during a ceremony at the White House yesterday. The bill passed without one republican vote and a majority of 219 to 212. According to the L.A. Times, the bill appropriates \$1 trillion in taxpayer money over the next 10 years to nationwide health care. With this money health care will now be affordable for all Americans, eliminating anyone's denial of coverage while outlining costs per person based on individual and household income. The bill excludes any illegal immigrants from receiving health care, with or without their own money.

"Well it will be a lot bet-

ter," Valley College Student Eddie Alarcon said. "A lot more people won't be afraid to go to the hospital, everyone should get free health care."

In addition to the Health care overhaul, a major transformation of college aid in regards to funding, will affect millions of students nationwide. The piece of legislation, which was passed as an attachment of the Healthcare bill, is the biggest in education since No Child Left Behind, according to The Huffington Post. The bill defers control of all student loans to the government, in turn saving students from high interest rates passed down from private lenders. The bill is expected to collectively

[See **HEALTH CARE**, Page 8]

### SPECIAL REPORT

## HAITIAN RELIEF HELD FOR RANSOM

In a land where cash is king and tents are worth more than gold, the simple fact of saving lives comes down to who you know.

ANGELA BEACH

Ask anyone you know to give you three words defining Haiti. After "Earthquake" and "Heartbreaking," you are going to hear, "Corrupt." This isn't a stretch for a country that, according to Transparency International, the global coalition against corruption is one of the most corrupt places on Earth. Only seven of the world's 180 countries are more corrupt than Haiti.

From massive tent cities to the highest echelons of society, roughly 1.2 million Haitians are refugees in their own streets. Spending a few minutes with any of the Haitians and they will all tell you the same tale. For decades, their government has gotten rich off of their backs and turned a blind eye to their blood-soaked streets and lives filled with starvation and sickness. Now, they are getting even richer off the millions of pounds and aid supplies that are flooding into the country every day. Millions of pounds of food, water, medical aid and much needed tents are all being held captive by a few mid-level government customs officials who are looking to make a quick buck.

[See **HAITI**, Page 9]

### SPECIAL REPORT

## Earthquake

Valley staff explains the myths and legends of earthquakes, the history of earthquakes and emergency preparedness.

### ONLINE EXCLUSIVE



## Project Ethos

Models rock the runway at the Music Box Theater.

### ONLINE SLIDESHOW



## Photos of the Week

These features and more can be found in full @ [www.lavalleystar.com](http://www.lavalleystar.com)

## THE LOW DOWN FROM DROPOUT TO "GRAD NATION"

The future of our nation may be in education.

CRISTINA  
SERRATO

"A moral catastrophe" is what Gen. Colin Powell called the nation's dropout rate in a recent interview with ABC News, vowing to combat it every way he can.

"It's horrible that so many people drop out, hopefully a few go back to school or something, do something to help themselves before it's too late," said Javier, a business major.

California has the highest dropout rate in the nation at over 20 percent, but the large cities have much higher numbers. With a dropout rate reaching as high as 45 to 50 percent, Los Angeles, like many other metropolitan cities in the United States, has a big uneducated issue.

"It's not only parents' faults, but students' fault as well for not being dedicated to themselves," said Darren Neetles, a student at Valley. "Don't take your education for granted and don't let stuff block your vision of academics."

Every 26 seconds a student drops out of high school and, according to the U.S. Census Bureau, one in three college freshmen drop out. And in order to combat the staggering dropout rates Powell and President Obama have established "Grad Nation," a 10-year campaign "to reverse the dropout crisis."

"It is a moral and economic imperative for us to deal with this

[See **COLUMN**, Page 2]

## Fair Informs and Relaxes

Faculty and staff were treated to an event with useful information.

IVAN ZUNIGA  
STAFF WRITER

Valley College wouldn't be the same if our teachers were unable to handle any problems that would interfere with their job. As faculty and staff entered a transformed Monarch Hall greeted with bags full of swag and complementary body massages, they took some time off work and their beloved students.

The Mental Health and Wellness Day Fair was hosted by Valley Employee Assistance Program and Horizon Health. The fair promoted the EAP assistance program and provided information from several vendors that presented information on child care, counseling, financial advice, and other services.

"We are all going to school and dealing with our families and it gets a bit crazy, so if you take advantage of some of these services, they will help balance work life and help put a hip new title in work life," said Charmagne Shearill, compliance officer, who helped coordinate the event.

Vendors from Horizon Health and EAP is a free benefit that the district pays for as they give free

counseling for personal problems, legal consultations and financial consultations. The Fruit Guys handed out information on their delivery service which tries to have the district supply fresh fruit for faculty and staff as a wellness benefit to promote healthy lifestyles.

"We are doing health screenings for cholesterol, blood sugar and taking blood pressure for body mass index and body fat, all they have to do is sign a consent form and answer a few questions and they're done," said Carmen Martice, one of the nurses giving the shots.

Aside from all the information given to teachers, free catered food was offered along with free manicures and massages from Zykoff Bodywork and Therapy in the Fireside Room. Live entertainment by Mike Parlet who played some smooth jazz, which echoed through the halls of Monarch Hall, causing confusion with students who were unaware of what was going on.

"The Employee Assistance Program benefits all the employees who work for our community college district, the idea is that we have help available and this is to remind people what is available and to take advantage of the information and the assistance that helps us all do our job better," said Valley College President Sue Carleo.

### STUDENTS GO MARCHING ON



MARCOS PEREZ | VALLEY STAR

## Massive Protest Against Education Cuts at the State Capital

Thousands descend on the state capital in Sacramento to protest education budget cuts.

JONATHAN SEELEY  
STAFF WRITER

Twenty-five Valley college students flew to Sacramento to participate with thousands in the March in March protest against education budget cuts on Monday.

The Associated Student Union and Political Action Committee organized the event and their

main objective was to meet with legislators and share personal stories of how the budget cuts affect them directly.

"They cut back in bad times, but you don't get it back in good times," said Valley College philosophy professor, Zach Knorr, who helped organize the event.

The protest began in Raley Field, nestled amongst abandoned warehouses and train yards. Chartered buses, cabs, and airport shuttles emptied students and faculty onto the staging grounds at Lot B. Thousands of students awaited the march to commence, and when it did, a sea of people

[See **STUDENT PROTESTS**, Page 8]



## Town Hall for Sustainability

**Valley College has a meeting to discuss environmentally sustainable practices on campus.**

**CARL ROBINETTE**  
STAFF WRITER

Valley College's impact on the environment and its future of sustainability was discussed at a town hall meeting held in the cafeteria conference room Friday for faculty, staff, and students as part of Greening Valley College, a program to provide information and resources for sustainable living and education.

The event was the first of the semester for the program and it evaluated Valley's current sustainability and progress, and discussed ways to integrate sustainability into the classroom. It was sponsored by Job Training, Vocational and Technical Education Act grant and Valley College Accelerated Program. Also explored at the meeting was Valley's role as a "green" leader.

"We all need to be more conscious because it's important to our environment," said Valley President Susan Carleo about "going green."

Introducing the subject of sustainability was keynote speaker Bharat Patel, director of sustainability for Los Angeles Community College District. He also discussed the progress and future of environ-

mentalism. Dee Patel, another keynote speaker, focused on possible solutions for Valley as the college transitions into its role as a sustainable campus.

"Your actions are not only local" said Bharat Patel in discussing the importance of Valley being a leader of sustainability. "They're global. What you do here at Valley College can affect people living all the way in the Pacific Ocean."

LACCD Board of Trustees passed a sustainability policy in 2002, which required all new buildings to obtain certification from Leadership in Energy and Environmental Design. LEED was developed by US Green Building Council and is an internationally recognized certification system. The system uses medals to rank buildings. Valley has two buildings with second and third best ranking possible, with one gold and one silver, platinum being top.

"In the world of keeping points and keeping tabs," said Carleo about the green buildings on campus, "... that gives us a lot of points."

Carleo also discussed Valley's environmental report card from GreenReportCard.org, a Web site that evaluates the environmental impact of schools based on everything from green building on campus to student involvement. Overall, Valley was given a B by the Web site, scoring A's in green building and transportation, and C's



**GREEN VALLEY** - Attendees of last Friday's "Greening Valley College" town hall discuss student involvement in campus green efforts. Left to right, Dr. Carol Bishop, Paola Hoyer and Dr. LaVerne Rosow.

in student involvement and administration.

The Greening Valley College program will hold several more events throughout the semester.

There will also soon be a green resource center to help instructors bring sustainability into the classroom.

### COLUMN

Continued from page 1

crisis," said Powell in the recent ABC interview.

According to America's Promise Alliance, the Grad Nation campaign has two goals. The first is to have 90 percent of fourth graders in 2010 graduate high school on

time, and the second is to have the US be world leaders in the proportion of college graduates by 2020. With President Obama's March 1 announcement of \$900 million in government grants to be used at lower-performing schools, Grad Nation is off to a good start.

"I could never think of dropping out and I can't wait to go to col-

lege," said Tanisha Rivera, Dorsey Law Magnet school student. "If I don't go to college, I really can't plan on having a future."

With current dropout rates, tuition hikes and budget cuts, the nation's public education system is in peril and although recent efforts have slightly decreased the rate, the US has a long climb to the top.

### THE VALLEY STAR STAFF & INFO

**THE VALLEY STAR** is published by students of the Journalism and Photography classes as a learning experience, offered under the college journalism instructional program.

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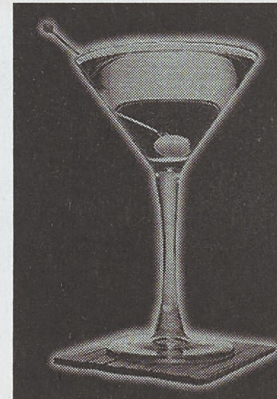
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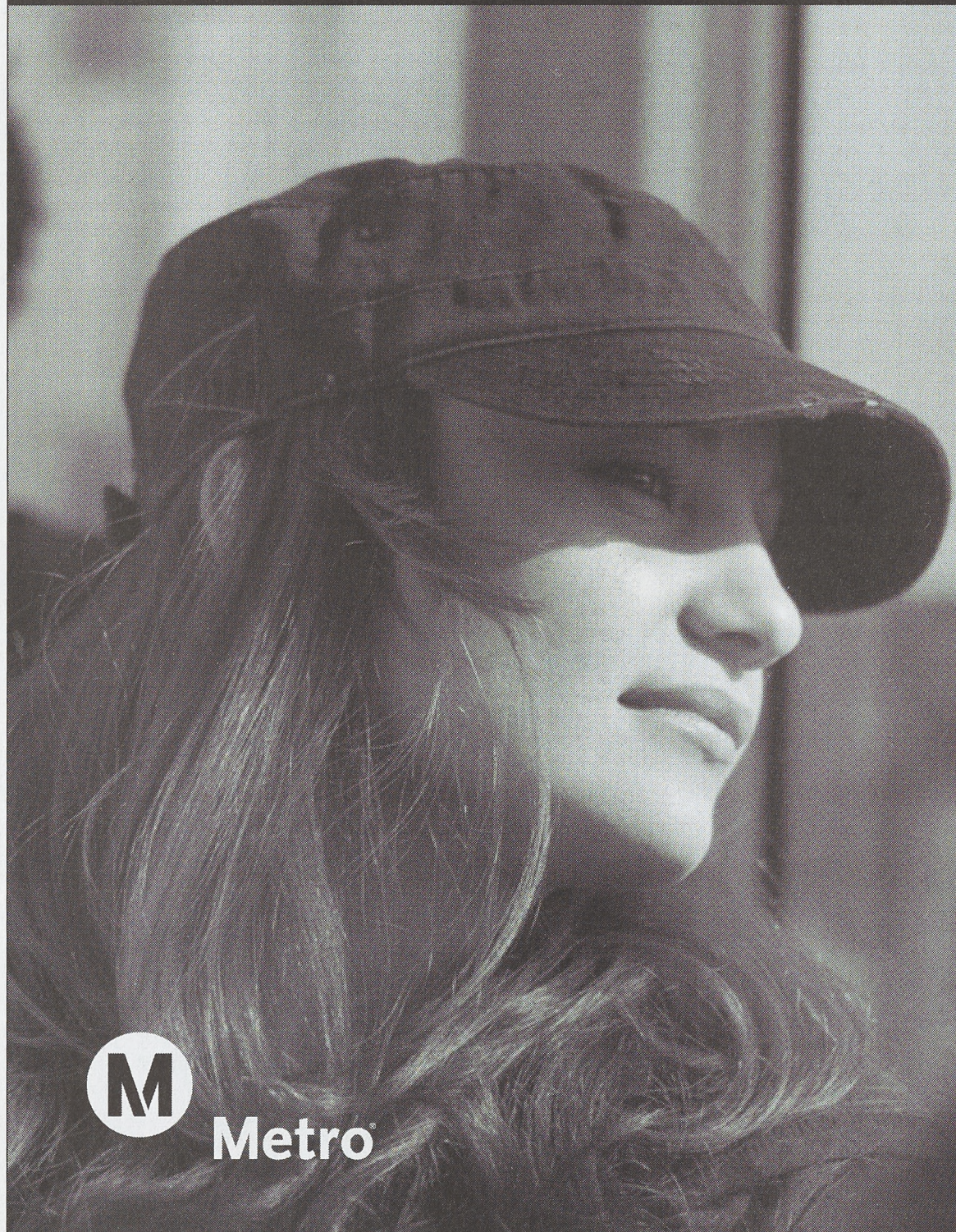
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### VALLEY STAR CORRECTION

Last week, Issue 4 of the Valley Star, Jamie Norried's name was omitted from her Opinion column The Simple Truth titled Justice Comes at a Hefty Price.

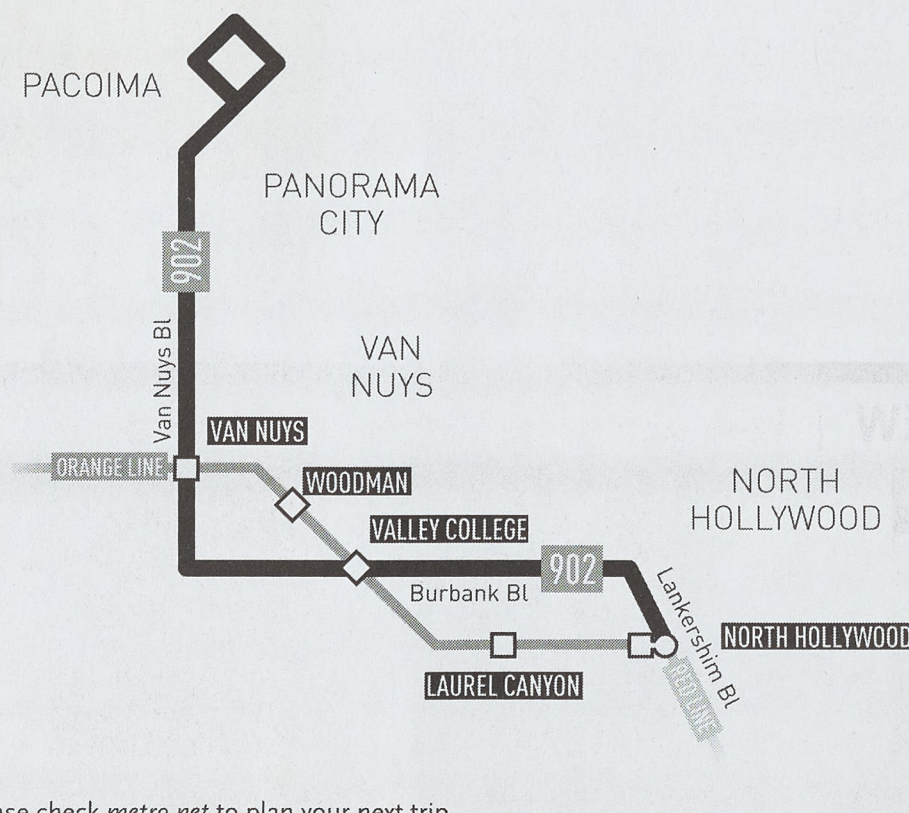
## Direct Service Between Pacoima, Van Nuys and North Hollywood



### Orange Line Riders: Save Time with Line 902

Metro's new Line 902 saves time during your rush hour commute with direct service between Van Nuys Boulevard, LA Valley College and Metro Rail's North Hollywood Station. Line 902 also provides local service along Van Nuys Boulevard, giving you easy connections to:

- > Pacoima Civic Center
- > Van Nuys Civic Center
- > Van Nuys Boulevard Shopping
- > Van Nuys Amtrak/MetroLink Station
- > And more!



Please check [metro.net](http://metro.net) to plan your next trip.





EDITOR'S NOTE:

The views expressed on this page are solely those of the writer and do not necessarily reflect those of the Valley Star, its instructors, editors, staff or those of Los Angeles Valley College, its administrators, faculty, staff, or students.

## Spring Break, Take It or Leave It

A week of spring break vacation is a blessing for most, but it's overrated for many working Valley College students.

CARL ROBINETTE  
STAFF WRITER

Spring break is advertised by VH1 and MTV as an all out week of partying and tanning on white sandy beaches, free from responsibility and consequence, but this is false advertisement. For those of us who work, it is just a break from a juggling act between classes and our job. The whole "fun in the sun" phenomenon is a little exaggerated.

In the United States 54.1 percent of college students are part of the labor force, according to the Department of Labor.

That means at least half the students at Valley College will be staying home for spring break or begging their boss to let them have the week off. Even if I had the days off work, by the time spring break rolls around I am too tired to do anything beyond falling asleep at the beach in Malibu, and I am not the only one.

"Well I work full-time," said sociology major Shameka Arbon about spring break. "Yeah I think it's pretty much overrated. There's really nothing to do unless you go out of town or something."

Of course not all students work. Some of them probably even have real plans, and let us hope they have the raging MTV-style week in Palm Springs that working stiffs can only dream about. Those of us staying home will need to live vicariously through their stories.

"I might go to Palm Springs for two days," said student Christine Abramyan. "I went to Cancun once. Cancun can't get bad."

Cancun is a favorite among college students as a spring break destination because of its beautiful beaches and relative affordability, thanks to Mexico's third world economy. But cheap hotel stay or not, rent still has to get paid and jobs have to be kept. Don't get me wrong; a break from class is much needed by all students.

"I'm pretty excited," said student, Marian Agamirian. "I have too many classes. A break would be good."

Obviously I'm not saying spring break is a bad thing. I'm looking forward to the reprieve. I might even get a chance to see a movie. But the whole weekend in Vegas or week-long-party-in-the-dessert myth doesn't happen for the working student and it is just frustrating when stuck at a boring job. The simple reality is that spring break is a sham, but we'll take it.

# STANDING ON THE PRECIPICE OF ETHICS VERSUS DOLLARS

City Council wants to regulate medical marijuana dispensaries, which have uncontrollably set up shop, forcing hundreds near schools, parks, and libraries to close.

GUADALUPE GONZÁLEZ  
STAFF WRITER

The Los Angeles City Council approved a medical marijuana ordinance earlier this year, requiring dispensaries to be 1,000 feet from schools, parks, libraries, and other marijuana dispensaries. After fees are determined for monitoring compliance and Mayor Antonio Villaraigosa signs the ordinance, city officials believe it will force the closure of more than 500 dispensaries out of at least 1,000 in L.A. County.

This ordinance is unjustly targeting medical marijuana shops. Sure, anyone can walk by these shops advertising marijuana, sometimes without even noticing since some shops are very discreet with covered storefronts. And not anyone can walk into the most conspicuous dispensary and purchase the drug, unlike liquor stores and markets that sell alcohol and tobacco that are conveniently located around schools and libraries, such as San Fernando Middle School and Studio City Branch Library. Most dispensaries require patients to have a valid doctor recommendation just to walk in. As for patients under the age of 18, they must have a parent or legal guardian present when requesting a recommendation from a doctor.

If this regulation takes effect, a similar one should be implied for drugstores and pharmacies. They too require recommendations or prescriptions for medicines, but unlike pot dispensaries,

give access to many over-the-counter drugs that are arguably more dangerous.

In response to the proposed ordinance, some dispensaries are collecting signatures to force a referendum and are preparing to sue the city, according to an article in the Los Angeles Times. Since they do not know exactly how many marijuana shops are open in the city or where they are located, this ordinance

a bad business move for a city that, according to ABC news, has a near \$200 million deficit as of January.

Obviously, the mandate is due to concern for neighborhoods and children, but it is apparent there are greater concerns that should be addressed by communities. The only thing this ordinance is going to do is shut down many dispensaries, only for them to re-emerge elsewhere, giving teachers, librarians, and staff—along with many other professionals who also are marijuana patients—more difficulty to access their medicine.

A new lawsuit threatens the years of progress made by medical marijuana advocates.

KELLY DAVIS  
STAFF WRITER

Marijuana advocates have forged war against the city of Los Angeles, filing yet another lawsuit in the battle that has ensued since

California passed the Compassionate Use Act of 1996, which allowed for the use of medical marijuana.

the risk of undoing all the progress made for the issue, it might be time to put down the weapons and cease fighting.

The lawsuit filed by the advocacy group, Americans for Safe Access, and two dispensaries is in response to the recent ordinance passed. Advocates are arguing the new ordinance is so restrictive it will run numerous dispensaries out of business. Thank you Mr. Obvious, but that seems to be the intention of the city.

The new ordinance not only limits the number of dispensaries allowed to legally operate in L.A., it also mandates that they be located at least 1,000 feet from schools, churches, and parks.

What the marijuana advocates have found so upsetting is the fact that the shops that are not legally operated or properly located have only seven days to comply with the new ordinance; that, as well as, the city not providing the dispensaries with a map of where they are legally allowed to set up shop. That's right, a map.

Marijuana advocates and dispensaries should get their act together and do the due diligence themselves to figure out where they can and cannot operate legally.

Don't get me wrong, I'm not advocating against legalizing marijuana for medical purposes. In fact, eight years ago, I wrote my college English term paper on why marijuana should be legal.

My point is: medical marijuana advocates have worked long and hard to get to where we are today. We as a society benefit nothing from the thugs and Mafioso-run dispensaries that operate illegally. If advocates want to legitimize the industry, they need to follow the letter of the law. Especially when the Feds aren't all that pleased with the decisions the state has made in the first place. The use of medical marijuana can be a tremendous asset for some people, but it's not for everyone.

The city of L.A. has limitations on liquor licenses. Therefore, the marijuana industry certainly should not be given a free-for-all to operate as many dispensaries in any manner they please. And children certainly should not be subjected to dispensaries popping up like Starbucks or McDonald's on every corner of their neighborhood.

Marijuana advocates need to put down their blunts and bong, clear their heads for a while, and really think about what their actions have the potential of doing to the progress they've made thus far.

## THE SIMPLE TRUTH.

### HIGH PRICE OF AFFORDING THE PENNILESS

Indigents should beg for Los Angeles County's dime, not mine.

JAMIE NORRIED



Every day on my way to work, I see one of two guys as soon as I get off the freeway. I'm not talking about a traffic cop, or a construction worker fixing the road. I'm talking about the guys who make a living off of begging for my hard-earned dollars. I suppose this is work in itself, but why am I being emotionally harassed every day on the way to my real job?

According to a Los Angeles Homeless Services Authority count, the current homeless population of Los Angeles is 42,964.

Take Santa Monica for example. It's an environmentally friendly community, and one of the most expensive neighborhoods to occupy in the LA area. Although the city has reported an 18.9 percent drop in their homeless population since last year, according to the Los Angeles Times, I still can't go to the beach without finding a fully clothed vagrant sleeping there.

The American Civil Liberties Union of Southern California filed suit against Santa Monica, claiming that its police officers prod chronically homeless people to move to surrounding areas.

"Santa Monica is effectively running a deportation program for the homeless," said ACLU of LA Legal Director Mark Rosenbaum in an Los Angeles Times article.

Good for Santa Monica.

When I make the trek from the valley to the beach, I don't want to pay the beggar tax I'm faced with as soon as I park.

I work, and my taxes contribute to the \$7.2 million that county officials set aside this year to help general relief recipients find work or apply for federal disability assistance.

It is difficult to live in LA, and sometimes things happen to put its people in an uncomfortable living situation, but there is help available.

Find work. Don't ask me for cash; I need all my money to pay rent. If you can stand there and hold a sign for eight hours a day, then you can work. For some of us, that is our only choice for survival. If you have a disability, or a problem with drugs or chronic homelessness, talk to the government who so wisely distributes our money.

I didn't move to the "great state of California" to have my view of the sunset blocked by duct-taped, cardboard signs reading "Homeless. God Bless."

E-mail Jamie Norried at [j.norried@lavalleystar.com](mailto:j.norried@lavalleystar.com). Send general comments to [valleystar@lavalleystar.com](mailto:valleystar@lavalleystar.com).

## Public Display of Affection Has Boundaries

Students are here to get an education, not participate in public display of affection.

CAROLINA LEON  
STAFF WRITER

Around campus students are often showing their affection to their significant others and there is always someone watching. Some students are more discreet but others are guilty of torturing Valley College with uncomfortable sloppy kisses and caressing hands.

Leslie Segundo and David Barbosa, a couple at Valley College stated, "We have seen it happen in front of our classes and it's inappropriate. Personally we feel it is wrong to make out in

front of others and people need to keep that more private."

It's extremely awkward watching classmates who can't seem to keep their hands off each other. Students are looking for a higher education level, not a scene from "10 Things I Hate About You," in which everyone is thinking about hooking up. This is a school, with a staff, and many people are not enthusiastic about seeing two people who are sexually attracted to each other, go at it every time they pass by Monarch Square.

Deputy Ricky Baker's opinion suggested that Valley doesn't have a problem with Public Display of Affection. "I have not seen any specific problems with PDA and do not think it's a problem," Baker said.

Many students at Valley beg to differ with the deputy, "You can't walk by and not see it. You can't erase it from your mind. Keep it PG," stated

Chris Ramos, a student at Valley.

There is a fine line between acceptable PDA and disturbing PDA. A simple kiss can be accepted unless that turns into a hormone-enraged mission that should be taken to the local Motel 6. It's degrading to others' eyes but more importantly to your character. No one respects the disrespectful.

Students definitely wouldn't make out in front of their boss or co-workers and school is not any different from a work setting. Consider that you're representing our campus and yourself as well. It's hard to take a student's educational goals seriously when they like to make their private life more public than Lindsay Lohan. In college, students are paying for their education, not a show. If you want to put on a show for everyone and actually get paid for it, there are plenty of professions that do so ... just not at Valley College.

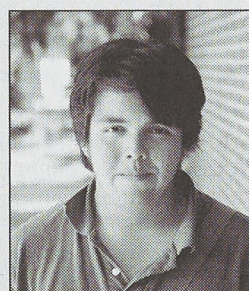
## VALLEY VIEW

### WHAT WOULD YOUR FANTASY SPRING BREAK BE?



"Go on a trip with my family to San Francisco."

- LILITE ARAKELYAN  
UNDECIDED



"I would like to go to the dark side of the moon."

- STEVE SAGREDO  
NURSING



"Japan, hands down! Go to Tokyo, see the sights there."

- ANTHONY CROWN  
COMPUTER SCIENCE



"I would like to travel to Japan."

- ANTHONY PAREDES  
ANTHROPOLOGY/PSYCHOLOGY



"I'm planning to go into my secret agent guise."

- LEE KORLITZ  
PSYCHOLOGY

## GOT A LETTER TO THE EDITOR?

Letters to the editor can be sent to: [editor@lavalleystar.com](mailto:editor@lavalleystar.com) or submitted online at [www.lavalleystar.com](http://www.lavalleystar.com). Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.



## LAVC Events

**Feb. 25 - April 15**  
**Monday - Thursday**  
 11 a.m. - 2 p.m. & 6 - 9 p.m.  
**"No Laughing Matter: Art and Humor in Southern California (a Modest Sampling)"**  
 Exhibition presented by the LAVC Art Gallery (Art Gallery) FREE  
 Contact: (818) 778-5536

**March Wednesday, 24<sup>th</sup>**  
**ASU Club Day**  
 Sponsored by the Associated Student Union  
 @ 9 a.m. - 2 p.m. (Monarch Square)  
 Contact: Associated Student Union (818) 778-5516

**U.S. Census Bureau Community Question & Answer Booth**  
 @ 10 a.m. - 5 p.m. (Monarch Square)  
 Contact: Vince Lozano (818) 672-0160

**Speech Team Showcase**  
 Sponsored by the LAVC Speech Team  
 @ 6 - 8 p.m. (Fireside Room)  
 Contact: Duane Smith (818) 778-5537

**Friday, 26<sup>th</sup>**  
**LAVC Job Club**  
**Sponsored by Job Training**  
 @ 9 a.m. - Noon (Faculty Lounge); RSVP  
 Contact: Job Training (818) 778-5832

**SPRING BREAK**  
**March 29 - April 5**  
**NO CLASSES**

**March, 31<sup>st</sup>**  
**Cesar Chavez Day**  
 Campus Closed

## ! THINK TRANSFER

**April Monday, 12<sup>th</sup>**  
**"Here I am at Valley, What Road Do I Take Next?" Workshop**  
 @ 1 - 2 p.m. &  
 @ 5:30 - 6:30 p.m.

**Tuesday, 13<sup>th</sup>**  
**College and Majors Fair**  
 @ 10 a.m. - 1 p.m.  
 (Monarch Square)

**Wednesday, 14<sup>th</sup>**  
**Job Fair**  
 @ 10 a.m. - 1 p.m.  
 (Monarch Square)

**Resume Writing & Interview Skills Workshop**  
 @ 1 - 2:30 p.m. &  
 @ 5 - 6:30 p.m.

**Thursday, 15<sup>th</sup>**  
**Service Learning Volunteer Fair**  
 @ 10 a.m. - 1 p.m.

**Careers in Law**  
 @ 1 - 2:30 p.m.

All events held in the Career/Transfer Center (Administration 126) unless otherwise indicated.

For Sign-up and further information  
 Call (818) 947-2646.

## Valley Music Department Relieves Academic Stress With Soothing Jazz

The Valley College Music Department presented a performance of "straight-ish" jazz tunes by a proficient ensemble in the Music Recital Hall Wednesday afternoon.

DAVID MOTTE  
 STAFF WRITER

The sextet indulged listeners with ambient, yet upbeat, compositions by Severin Behnen entitled "Laberinto." Behnen, a recipient of a Ph.D. in music composition from UCLA, took his seat behind a Steinway and Sons grand piano to lead the group with his soulful playing and attentively conducting with quick hand gestures and head nods. Though printed note for note before each musician, the compositions allowed for certain improvisations—a common characteristic in jazz music—including a small solo by drummer Andrew Lessman.

"When you're playing music, you end up in a labyrinth trying to find your way out," said Behnen. "My goal is always to let the music flow from improvised to what is actually written."

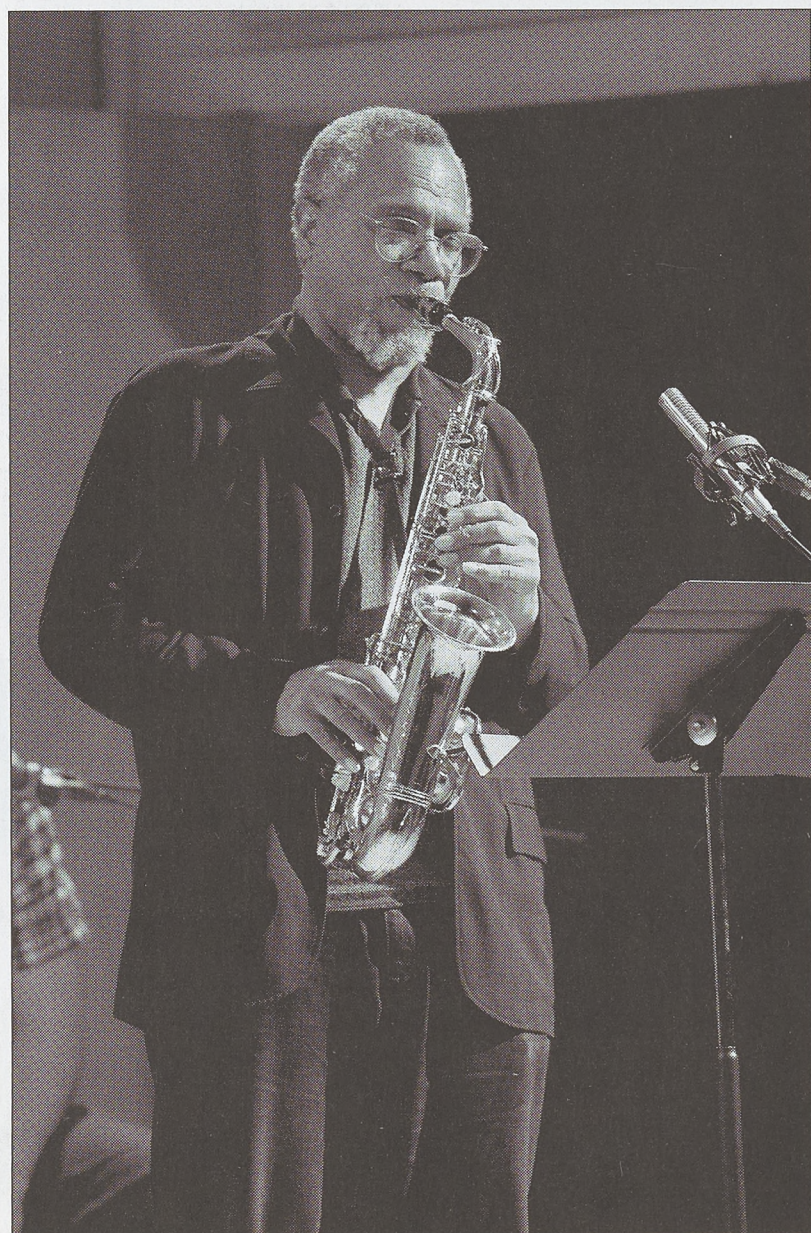
The performance consisted of four tunes, all approximately 10 minutes long. The sounds of piano, saxophone, and violin intertwining with a steady rhythm section filled the halls of the Music building. The third number called "The Choral Bone" was a reconstruction of the famous jazz tune "Take Five" by Paul Desmond, which was the first jazz composition in the United States to achieve any mainstream significance after its release in 1959.

"It was challenging to hear

where one section started and the other ended," said Assistant Professor of Music Christian Nova. "Proof of the ensemble's talent."

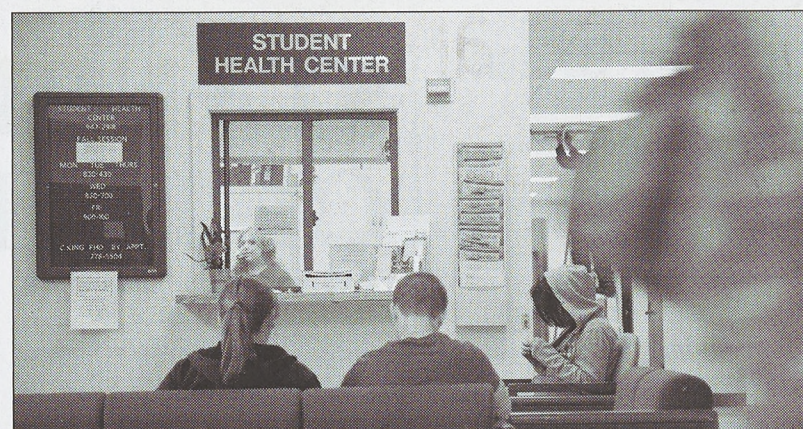
With student stress levels on the rise, "Laberinto" was a good hour escape from academic worries. The soothing sounds of jazz

have a way of relaxing the mind in ways that medical advice or prescriptions can't. So if you're feeling stressed out about homework or financial aid, take a breather with "Free Concert Wednesdays" every Wednesday at 1 p.m. in the Music Recital Hall.



**SMOOTH SAILING** - Armond Neal's rich saxophone tones meander through Laberinto's colorful jazz soundscapes last Wednesday in the Music Recital Hall.

RICARDO VARELA | VALLEY STAR



**SIGHT UNSEEN** - The Student Health Center often passes unseen as students walk by.

## Student Health Center Jackpot

**Valley College's Student Health Center offers valuable resources to enrolled students, many of whom have no alternatives when it comes to seeking health care.**

KELLY DAVIS  
 STAFF WRITER

According to the Commonwealth Fund, 12 million adults between the ages of 19 and 29 are uninsured, many unaware of assistance that is available to them. These young adults tend to sacrifice preventative health care and procrastinate seeking treatment when they get sick out of fear of outrageous health care costs.

Valley College's Student Health Center offers an alternative to going without health care. Every semester, all students are required to pay an \$11 student health fee, which helps fund the Student Health Center and provides the students with access to a number of health services at little to no cost. Unfortunately, many Valley students are unaware of this valuable resource, even though they have already paid for it.

"I don't even know what they [the Student Health Center] offer," said Kayla Felts, a part-time Valley student. "Now that I don't have insurance, I should probably look into that."

According to the Student Health Center, they are dedicated to providing students with the highest quality healthcare, encouraging students to stay healthy by educating and promoting preventative medicine. All services are provided at little or no additional cost to students currently enrolled at Valley. Student are not required to have insurance, as the

\$11 student health fee is what allows them to utilize the services.

Some of the services offered are general health appointments with a physician or physician's assistant. Preventative health screenings are also offered at no additional cost, which include physical exams, blood pressure screening, vision screening, HIV and STD screening, and breast exams. For a reduced cost, lab testing and immunizations are offered targeting TB, tetanus, hepatitis B, cholesterol and diabetes screening, and pap smears. Pregnancy testing, mammograms, and pap smears can also be referred out to a local facility at no cost. Other services such as X-rays, smoking cessation, substance abuse, and some psychological services are also referred out.

"Our mission is to provide them with high quality care in a compassionate and confidential environment. We are here in sickness or in health," said Sonia Nodal, physician assistant at the Student Health Center.

Valley's Student Health Center recognizes that at some point, everyone has problems in their life. Therefore, student psychological services are made free and confidential. Dr. Carl King, Valley's clinical psychologist, said students often tend to overestimate their ability to handle working and going to school.

"Students who do use [the services] find it very valuable and useful. It enables them to stay in school when issues may have prevented it," said King.

The only requirements for obtaining services are a student identification card and receipt of current registration fees. Students are encouraged to make an appointment for services by calling (818) 947-2918, but walk-ins are always welcome depending on availability.

## Valley College Also Children Friendly

**Valley College's Family Resource Center allows children to advance in their education as well.**

CAROLINA LEON  
 STAFF WRITER

Creative Experiences for Young Children is a new program at Valley College for children ages two to four to participate in free play sessions being offered by the Family Resource Center.

The play sessions have been held for the last four weeks, and will continue until May 18. The sessions take place every Tuesday from 4-5 p.m. at the FRC in Bungalow 49. You will be delighted to find young children, parents, and a great staff participating in furthering young children's education.

Gary Huff, instructor of the play sessions, stated, "You will always find art, music, water play, and dress-up." Huff prepares the children for pre-school by engaging in activities that are developmentally appropriate for their age group.

The HIGH-5 program also known as High-Schoolers Finding Inspiring Vocations in Early-Education has five high school interns that have volunteered to assist Huff. Mireya Corona, who is in charge of the HIGH-5 program, stated "The five interns helping are from Panorama High School and

JHF Polytechnic High school and are learning to interact with the youngsters and assisting Huff with teaching."

The FRC also offers Parent and Baby Sessions, a program for newborn babies up to 30 months old, which are ongoing.

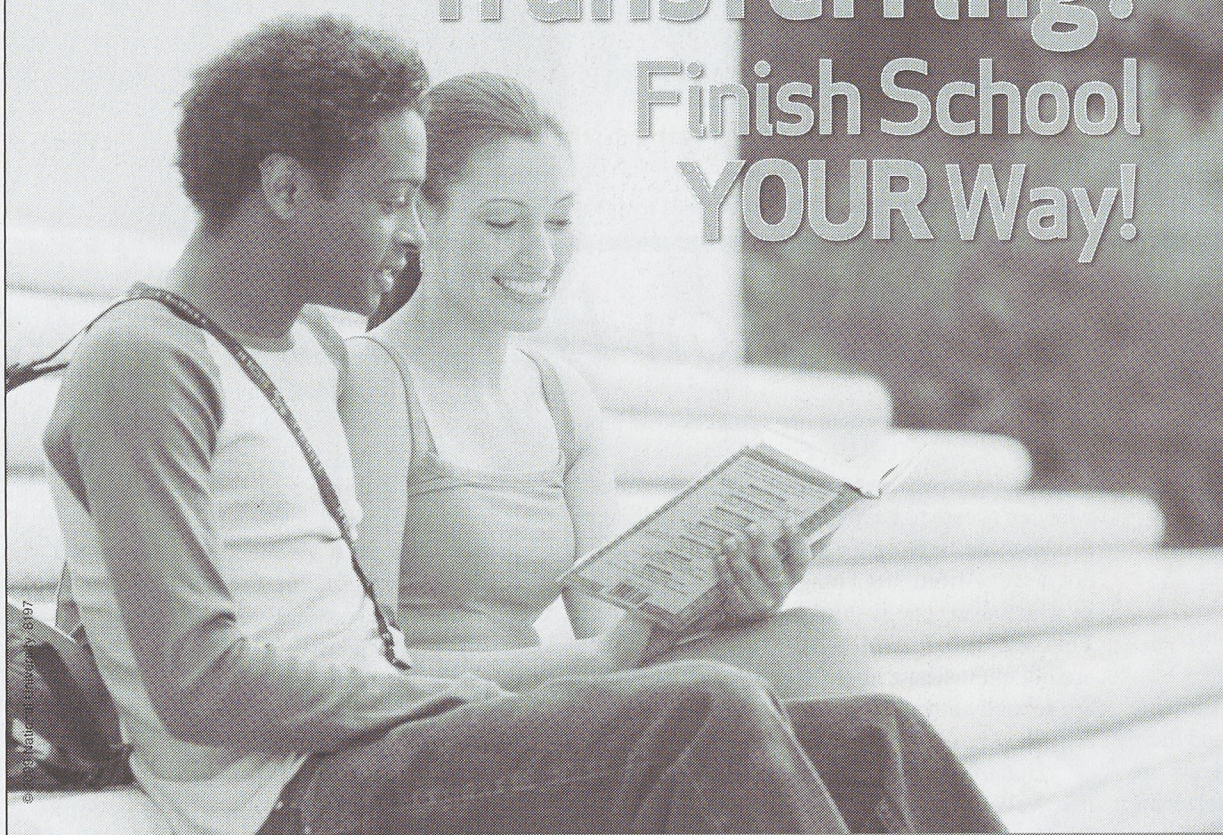
Creative Experiences for Young Children is the continuation of Parent and Baby Sessions and it is undetermined if the sessions will continue after May 18. This program is specifically designed for children ages two to four because the children are too old for the baby sessions, but too young to enter pre-school. The activities are fun for the children and the staff as well. Most of the sessions take place inside the classroom, but on March 16 the staff was able to take advantage of a beautiful day by painting outside. The children, parents, and staff were all very energetic and enthusiastic about the program.

Students as well as community members are encouraged to bring their children to attend these play sessions at no cost. Since participation is voluntary, attendance varies every week. Although it is not required to RSVP, it is highly recommended because the space is limited.

Sandra Urrutia, a community member, often participates in programs at Valley College. "My daughter loves it. She has been attending the programs at Valley since she was four months and is now two and a half years old."

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## Sausage and Beer Gone Gourmet

**Wurstküche Restaurant brings an updated beer hall to downtown L.A.**

**KATE HOLZHAUER**  
STAFF WRITER

No one goes into a beer hall expecting exotic meats, but at Wurstküche Restaurant in downtown Los Angeles it's as easy to get a rattlesnake and rabbit sausage as it is to get a bratwurst.

Wurstküche Restaurant is tucked into an inconspicuous building in an industrial part of downtown LA, just blocks from the Geffen Contemporary at MOCA and minutes from Union Station. Despite its unremarkable outward appearance, and lack of an obvious sign, the restaurant is packed from lunchtime to midnight. There is

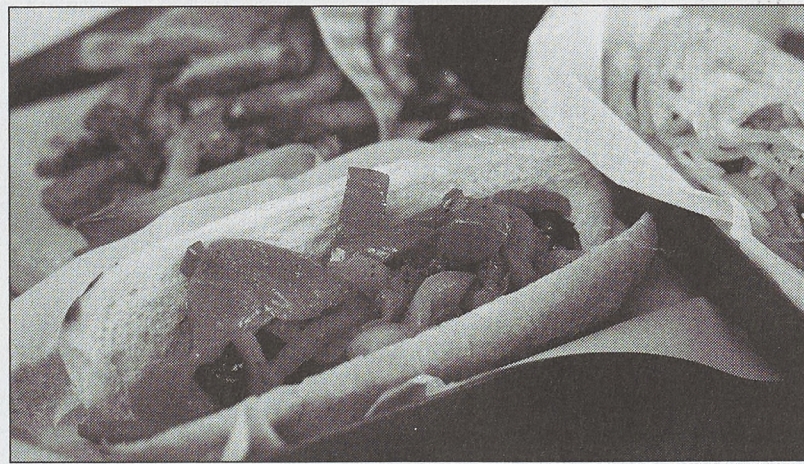
always a line of people snaking from the cramped entryway out the door waiting to place orders, and the long communal tables in the seating area are packed with a diverse crowd, from skinny-jean-clad hipsters to downtown businessmen to suburban families spending a day in the city.

The food at Wurstküche is basic and gourmet at the same time. It isn't a place with a massive menu, and is not the place to go for a frilly salad. There are sausages, there are fries, there are drinks, and there is one absolutely delicious dessert. The menu is simple. Even the more unusual sausages, such as the smoky alligator, pork, and andouille, and the juicy duck and bacon bring familiar flavors to exotic meats. While it is hard to resist the allure of the more exotic meats, the traditional sausages at Wurstküche are also delicious and well-balanced and very much worth ordering. The bratwurst is

delicious, though a little heavy on the coriander, the chicken and apple strikes a nice balance between sweet and savory, and spice of the hot Italian balances well with the sweet peppers and caramelized onions that are just two of the delicious toppings Wurstküche offers.

The twice-cooked Belgian fries offer a perfect salty, crispy counterpoint to the juice and fat of the sausages. While the fries are delicious in and of themselves, it is the homemade dipping sauces that really make the fries pop. While the traditional buttermilk ranch is good, the sun-dried tomato mayo and peanut sauce really liven up the fries, and the curry ketchup is a delicious, smoky variation from the norm.

Wurstküche Restaurant is known for its gourmet sausages, but its extensive beer list and assortment of unusual soft drinks help to make the menu special. The Reed's



ANGELA BEACH | VALLEY STAR

**SAUSAGE AND BEER** - Wurstküche Restaurant specializes in beer and sausages, with 24 beers on tap and 21 different types of sausages.

Spiced Apple Brew is an excellent non-alcoholic counterpoint to the restaurant's signature ice cream sandwich dessert, and the exhaustive list of beers, mostly of the German and Belgian variety, truly complements the meat-heavy menu. While the cheapest beer—all-American Pabst Blue Ribbon—is reasonably priced, the beer list is a bit on the expensive end. And while the vari-

ety of German and Belgian beers on tap is impressive, the lack of small local breweries on the menu is a bit disappointing.

While beer and sausages can be found at any number of backyard barbecues and March Madness parties all over the country, Wurstküche Restaurant elevates sausage and beer to an art form, making them well worth a special trip downtown.

## City Slicker Hiking in the Heart of the Valley

**No one ever said you couldn't go on a great hiking getaway without even leaving the Valley.**

**AUSTIN CARPENTER**

Despite its urban setting, Stoney Point is the perfect getaway for any nature-loving individual hungry for an adventure close to home.

Located on Topanga Canyon

Boulevard between Chatsworth Street and the 118 Freeway, a huge boulder adorning its peak, is the famous California landmark, Stoney Point. Nestled between horse stables, train tracks, and a highway teeming with cars, Stoney Point is completely surrounded by civilization.

Regardless of its seemingly bustling surroundings, Stoney Point is a hidden gem. Large boulders and rocky overhangs provide natural caves and fissures great for exploring. A wide trail wraps around the east side of the peak

and slowly inclines. As the trail thins and branches off in various directions, the noise of city life falls away. Yet hikers never feel completely alone like they would in other hiking areas. Other hikers and rock climbers are intermittent all over the mountain. Not so many that the place feels overrun, just enough to purvey that sense of safety only obtainable by the presence of other human life.

The large boulders and hills prove great for tromping around. "We love it here," said Andrew Ficklin, a Granada Hills

resident hiking the Stoney Point trails with his girlfriend. "We can come here for just a little while, but be in an outdoorsy environment most places would take hours to get to."

It need be known though that hikers must bring their own water. There are no restroom facilities or water fountains at Stoney Point. Dogs are welcome to the trails as long as they are kept on a leash. The trails can be accessed both from Topanga Canyon Boulevard as well as Chatsworth Street near the rail-

road crossing west of Canoga Avenue. A bridle path (horse trail) connects to the main trail.

Stoney Point has been an extremely popular spot for local hiking and rock climbing since the 1930's. With enormous boulders to scurry over and a multitude of trails to follow, Stoney Point seems to be a dream come true for anyone yearning for the outdoors. With its location conveniently within the San Fernando Valley, emptying the gas tank to get there isn't even a requirement.

## TWO CENTS FROM SPENCE

### BLAST FROM THE PAST

**The "Cherry Bomb" biopic shows what's missing in rock 'n' roll music today.**

**JOSH SPENCE**

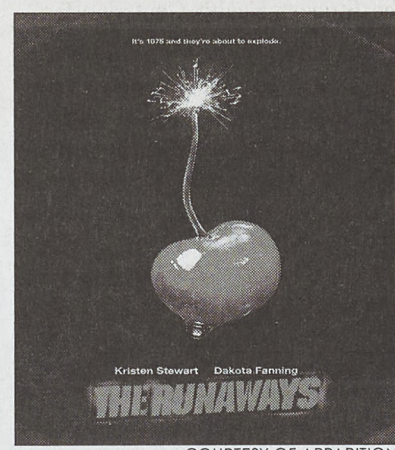
It's about time Joan Jett and her cohorts received some long overdue respect in Floria Sigismondi's labor of love, "The Runaways."

Adapted largely from lead singer Cherie Currie's 1989 memoir, "Neon Angel: A Memoir of a Runaway," and executive produced by the founding guitarist, the film tells the story of the first major all-girl rock group, The Runaways, from its inception by Jett and the formation by manager Kim Fowley, to the band's demise due to road fatigue and later internal tensions along with the genesis of Joan Jett and the Blackhearts.

"Twilight" stars Kristen Stewart and Dakota Fanning headline "The Runaways," playing Currie and Jett respectively. While many Twi-hards may flock to see the film on name recognition alone, that audience will be surprised to see the actresses sink their teeth into some real acting.

Fanning, who's been acting since she was a fetus, has finally broken the child actor stigma that has largely defined her with roles in "Dreamer," and "War of the Worlds." What makes the role convincing, besides strutting in lingerie, for the actress is the effortless toggling between swaggering frontman, raging addict, and abandoned daughter.

Not since Phillip Seymour Hoffman's role as Lester Bangs in "Almost Famous" has there been a character as creepily lovable in a rock film as Michael Shannon's portrayal of Kim Fowley, the band's manager. It's refreshing to see a band manager not set in the clichéd mold of a money-hungry monster or the campy cheerleader. Shannon's plays his pimp, sage,



COURTESY OF APPARITION

and predator with aplomb and intensity.

Stewart, who also has a breakout performance, is more about subtlety and transformation in playing her role as Joan Jett. The hair, makeup, and wardrobe are all precise, which makes the performance even more authentic given Stewart's spot-on impersonation of the rhythm guitarist's vocals and playing style.

Authenticity, if anything, is what gives this credibility. Set in the San Fernando Valley, Sigismondi is able to capture the sleepy suburbs and gritty ghettos of '70s era Valley while chronicling The Runaways' rise to fame in living rooms and trailer parks. Also seeing Rodney Bingenheimer's iconic club on the sunset strip with throngs of David Bowie fans in tow is as close to time travel as possible for people looking to relive glory days.

What's unique about "The Runaways" besides the bio-pic, period piece, and women's lib angle is the interesting view on the old-school music business. With internet sales increasing and record stores closing exponentially, artists have a better chance scoring a hit on YouTube than trekking the open road, this film is a credit to romanticizing life lived on the road.

Backed by a great soundtrack, "The Runaways" is a good film highlighting life on the road, how ambition used to get you a record deal and takes fans back to a time when record sales, album quality, and outsized persona weren't such bitter enemies.

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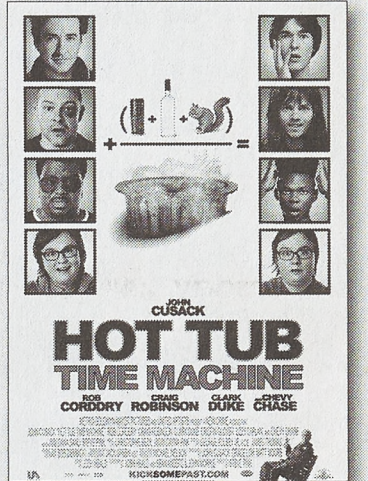
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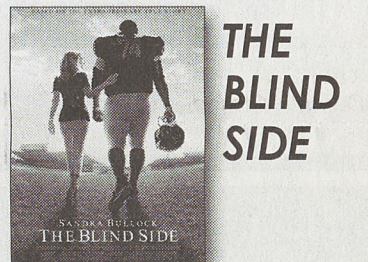
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- DIARY OF A WIMPY KID: \$22.1M+
- THE BOUNTY HUNTER: \$20.6M+
- REPO MEN: \$6.1M+
- GREEN ZONE: \$6.1M+

## MEDIA RELEASES

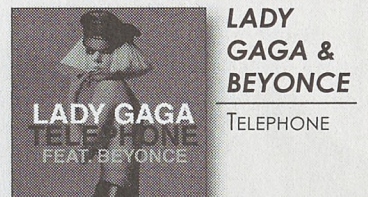
**DVD**



**ALSO AVAILABLE:**

- BROTHERS
- FANTASTIC MR. FOX
- THE MEN WHO STARE AT GOATS

**SONGS TOP DOWNLOADS**



**ALSO:**

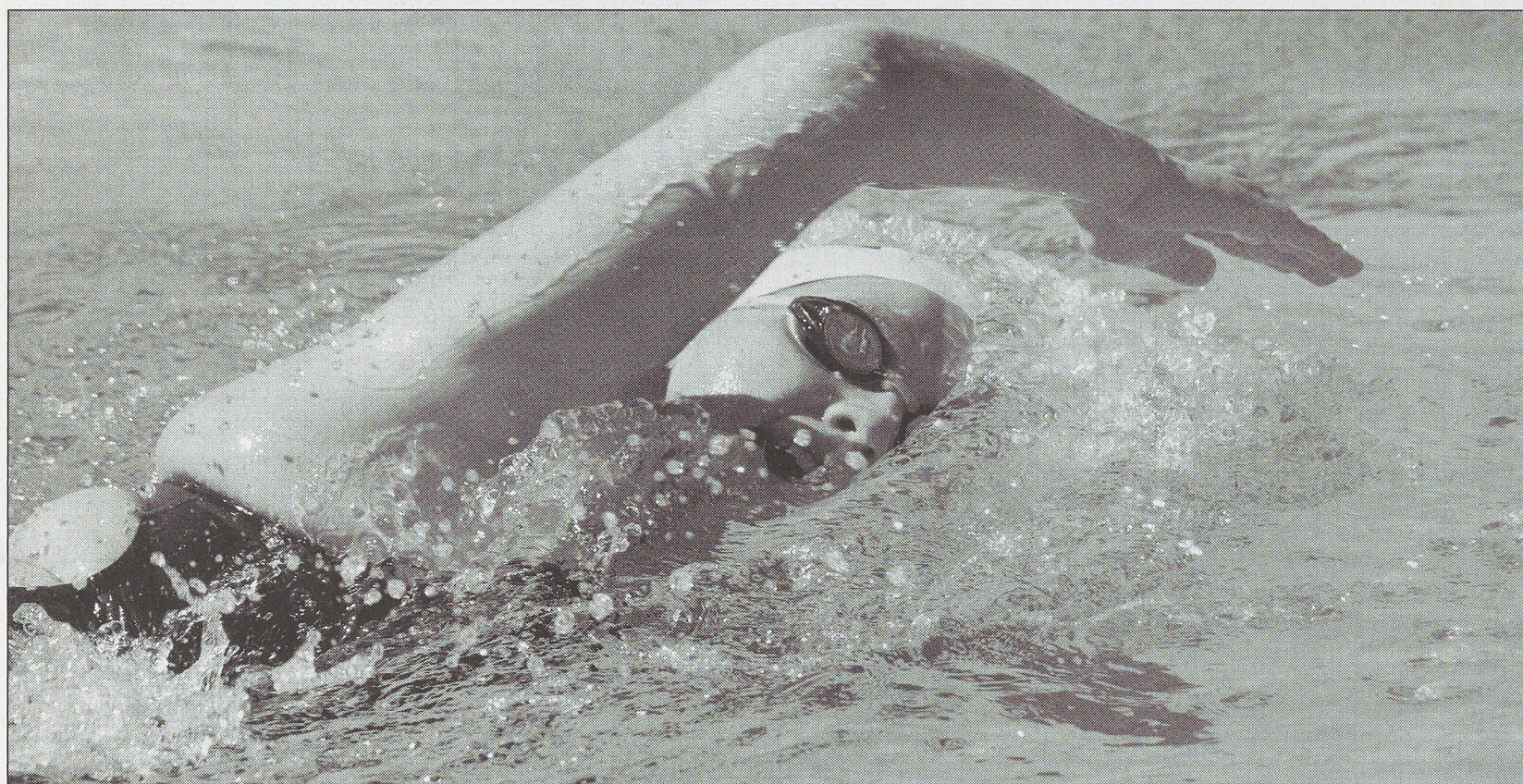
- B.O.B - NOTHING ON YOU (FEAT. BRUNO MARS)
- TRAIN - HEY, SOUL SISTER
- KESHA - BLAH BLAH BLAH (FEAT. 3OH3)
- KESHA - TIK TOK

## CONCERTS & THEATRE



- JAY-Z: MAR. 26 STAPLES CENTER
- BLACK EYED PEAS: MAR. 29-30 STAPLES CENTER
- PAUL MCCARTNEY: MAR. 30-31 HOLLYWOOD BOWL
- MO'NIQUE: APR. 2 NOKIA THEATRE LIVE
- ALICIA KEYS: APR. 6 STAPLES CENTER
- LADY ANTEBELLUM: APR. 15 THE WILTERN
- TAYLOR SWIFT: APR. 15-16 STAPLES CENTER
- NIGHTMARE ALLEY: APR. 13-18 GEFEN PLAYHOUSE





BLASTING BY - Alycia Kadlec gives it her all during one of the first events of last Friday's swim meet. The Monarch swimmers were present throughout the day.

## MONARCHS CAN'T STAND THE HEAT

Both the men's and women's swim teams came up short in their second conference meet.

IVAN ZUNIGA  
STAFF WRITER

Sunny skies glistened over the Valley College pool while the men's and women's swim teams faced off against Ventura College, Santa Monica College and College of the Canyons last Friday in the Western State Conference Quads #2.

During their second conference meet, the Monarchs were unable to beat Ventura, who scored first place in 20 out of 26

events. Ventura men's and women's teams, which currently hold a record of 4-0 in the Western State Conference, beat Valley. The men's team placed second with a final score of 82 while the women's placed fourth with 11.

The men won their first event in three-meter diving, as Eduardo Molina placed first with a final score of 148.60. The women's team scored a victory at event 17, the 100-yard freestyle, with a time of 1:05:92 by Jazzmyne Urquiza.

"We did a whole lot better," Valley Women's Head Coach Mike Santo said. "I don't know how we did score-wise but the girls all went faster. I have a

bunch of girls who come to work out and they try as hard as they possibly can, and I push them as hard as I can."

Out of 26 events, the women's team was only able to win once. But they still managed to place good final times in event five, the women's 1,000-yard freestyle, in which they placed third with a time of 13:23:22.

The men's team shined through these events as they drowned the competition in the 1,000-yard freestyle with a score of 10:35:45, and the 1-meter diving, winning both first and second place with final scores of 203.35 from Eduardo Molina and 155:25 from Marco Bardales. The

team led for some moments during the events, yet fell behind, ultimately losing the match.

"We had a chance to swim against probably one of the best teams in the state and we competed very well," said Men's Head Coach Jim McMillan. "We were just coming off two weeks of very hard training and still some people swam some of the best times of their lives. So right now, where we are, if we keep working hard we're going to be better."

The Valley swim team's next conference meet will take place at Ventura March 27 for the Western State Conference Quads #3.

## THE IMPORTANCE OF ATHLETIC TRAINING

Training room faculty explain the importance of preventative action toward injury.

CRISTINA SERRATO  
STAFF WRITER

Unfortunately sports injuries are an all-too-common result of athletics. But working along with a certified athletic trainer and following a regimen of prevention can help avoid injuries with just a few easy steps.

"Our job is to prevent injuries and if they do occur to treat and prevent further injuries or re-occurrence," stated Michelle Jost, first year athletic training student from California State University Northridge.

Jost attends a two-year program at CSUN which trains students interested in becoming certified athletic trainers using clinical rotations. Although many states vary on what qualifies an athletic trainer, California certified athletic trainers must attend a four-year university to obtain a Bachelor of Science and have 800 hours or more of hands-on training.

"It's important that someone is here looking out for the kids," said Dennis Mestas, a Valley athletic trainer with over 16 years experience. "At high school and younger levels, many kids are not getting taken care of."

Athletic training has been recognized by the American Medical Association since 1990 and although the use of an athletic trainer has become more

common on the professional level and in college sports, many high schools and youth sports do not utilize the help of athletic trainers, despite the benefits.

"I was a tri-sport athlete and I was always in the training room for injuries, so the trainers helping me inspired me to want to help others," said Jost. "I was improperly trained and wanted show others how to prevent injuries."

There are several common sports injuries which are easily preventable. These injuries include sprained ankles, groin pulls, hamstring strain, shin splints, knee injury, and tennis elbow. The advice on how to prevent these injuries is simple: have a good exercise routine, maintain a healthy diet and have good understanding of fitness, according to WebMD.com.

Contacting an athletic trainer and making a "game plan" with a trainer is also advisable.

"It's (the training room) unbelievable, great. Dennis and the other trainers take care of us," said Erick Miranda, Monarch football right guard. "They really care."

Although Valley doesn't offer classes on being a certified athletic trainer, students can take general education requirements at Valley and transfer to a four-year university to earn certification.

If you're interested in learning more about becoming an athletic trainer, or the importance of proper athletic training call Dennis Mestas at (818) 778-5540 or go to [www.nata.org](http://www.nata.org).

## CITY OF ANGELS MARATHON

WESLEY KORIR, FROM KENYA, WON HIS SECOND L.A. MARATHON IN A ROW THIS PAST SUNDAY.



ON YOUR MARKS - Starting from Dodger Stadium, runners took off on their 26-mile jog through Los Angeles.

RUBEN SAENZ  
STAFF WRITER

For anyone who's ever been to Los Angeles they know getting around the city is impossible without some sort of transportation. With this in mind, for years marathon runners have managed to defy transportation, by running long distances across the city of angels.

This past weekend marked the 25th anniversary from its inaugural start after a successful 1984 Olympics held in LA. The run cuts through some of the most important landmarks and tourist attractions in the greater L.A. area. The course itself has only changed a handful of times throughout its

24-year-long history.

The 2010 course "Stadium to Sea," is a brand new 26-mile run from Dodger stadium at Chavez Ravine to the shores of Santa Monica Beach. Another new addition to this year's run was the date it was held on. The usual date used to be May 25, but due to heat concerns it was pushed forward to March 21.

A total of 26,000 runners from different corners of the world participated in the marathon. Over 1,000,000 spectators lined the streets of LA to show their support, and cheer the runners on.

Apart from the new course, this year's runners had their names printed on their bibs, making it easier to identify each individual runner.



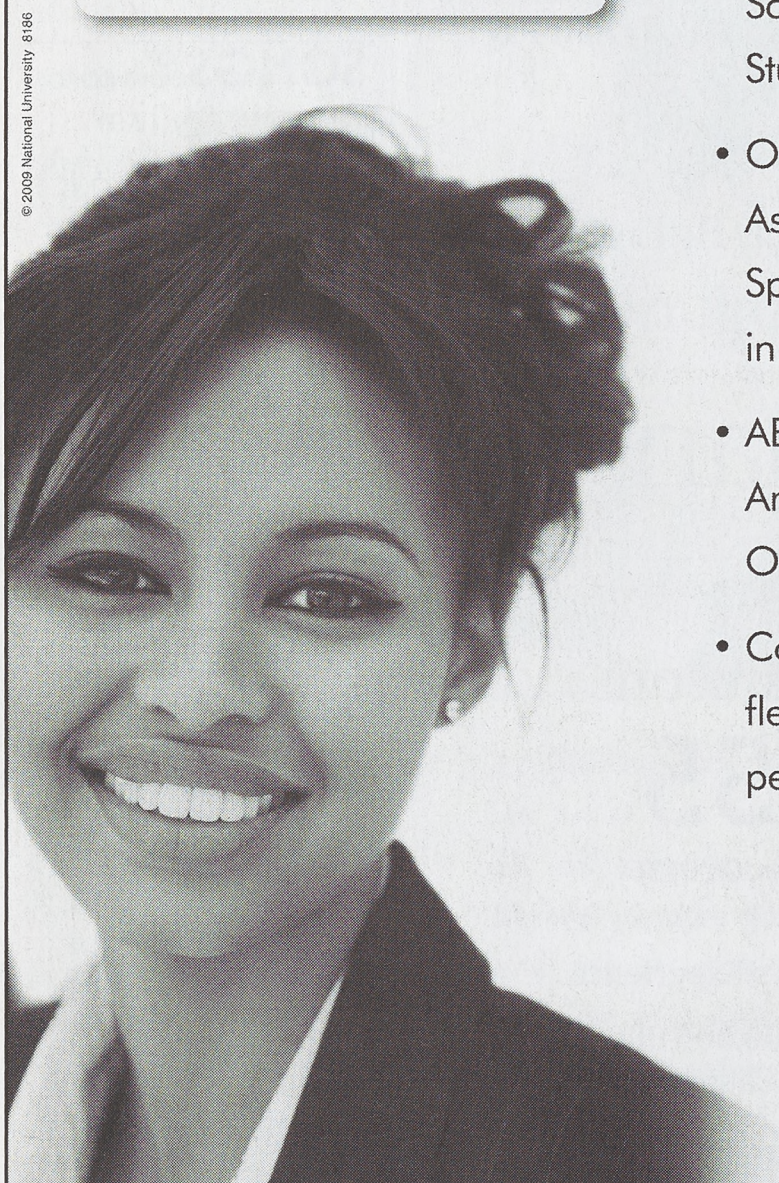
SCOTT MITCHELL | VALLEY STAR

This year's results looked familiar from the year before, as Kenya runner Wesley Korir took the marathon for the second year in a row. Although he didn't beat his time of 02:08:24 from last year, his 02:09:19 this year was enough to get him in front and win the event. For more information on the marathon you can visit [www.lamarathon.com](http://www.lamarathon.com)

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## MONARCH SCHEDULES

**Men's Baseball:**  
**Thursday, March 25th**  
 @ Bakersfield 3 p.m.  
**Saturday, March 27th**  
 vs. Bakersfield  
 @ Valley 1 p.m.  
**Tuesday/Thurs March 30th-**  
**April 1st**  
 Channel Coast Tournament  
 Away-TBA

**Softball:**  
**Thursday, March 25th**  
 vs. Citrus  
 @ Valley 2 p.m.  
**Saturday/Sunday March**  
**27-28**  
 SBCC Tournament  
 @ Santa Barbara TBA

**Swimming & Diving**  
**Saturday, March 27th**  
 @ Ventura 10 a.m. WSC  
 Quads #3.  
**Friday April, 9th**  
 @ Santa Monica  
 2:30 p.m.  
 WSC Quads #4

**Track & Field**  
**Friday, March 26th**  
 @ Santa Barbara  
 9 a.m.  
 Santa Barbara Relays  
**Saturday, March 31st-April**  
**4th**  
 @ University of Texas-TBA  
 Texas Invite (Vault Only)

## AN OH-SO-SWEET VICTORY FOR VALLEY

**The Monarchs defeat Santa Monica College in double-header on Tuesday.**

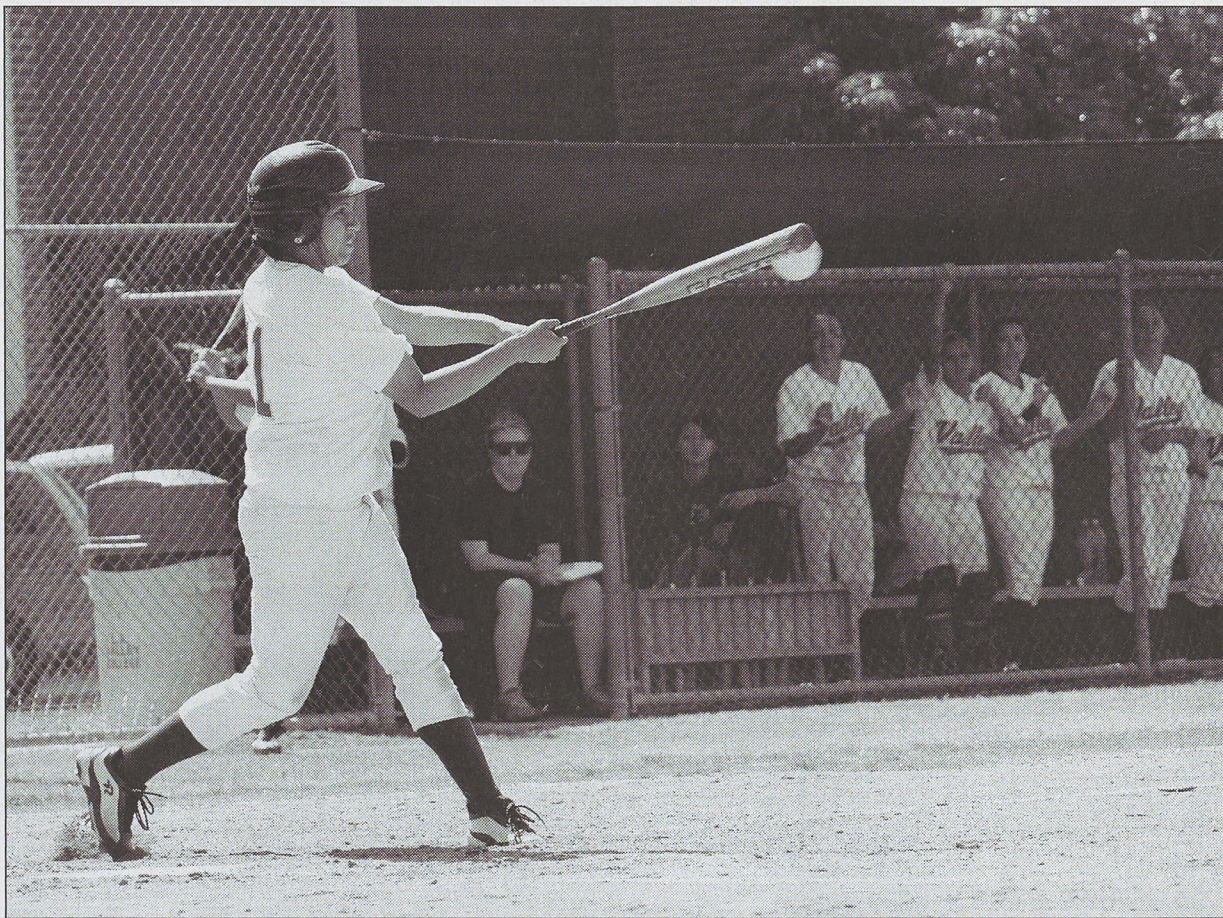
**CRISTINA SERRATO**  
 STAFF WRITER

It was a beautiful day for Valley who beat Santa Monica College 8-0 and 13-0 in a double-header on Tuesday. The victory now places Valley with a 5-3 conference record and after two tiring games, a solid win over Santa Monica.

"They [Valley] play really good, I'm really impressed," commented Kelly Gonzalez, a nearby Grant High School student who came with her softball team to watch the Monarchs play.

The first game started off great for the Monarchs who immediately struck out the side. Outfielder Stacy Razo stole two bases early into the first inning and outfielder Stephanie Sauno hit a sacrifice fly ball, which allowed Razo to go home. Then later in the first, Sauno stole home. The Monarchs ended the first inning 2-0 in their favor.

"We improve every game and ready for a new game, a new slate with each game. We keep improving, and that's what's important, that's good. We never got any prac-



**PLAY BALL** - Valley Infielder, Barbara Torres, hits a ball in the first game of a double-header against Santa Monica.

tice time and every game we played has been a conference game, so it's difficult, but we're getting better with every game," said Santa Monica Coach Michelle Haines.

The very quiet Corsairs held little footing in the game as early as the bottom of the third, when the screaming and enthusiastic Monarchs scored four more runs. The inning was not without effort from the Corsairs, who bent over backward and the first baseman literally did the splits trying to catch an infield ball. The third inning left Valley with a 6-0 advantage.

"After no team for three years we have been rebuilding this whole

year. The fact that we could pull together a team and keep our heads up through the losses is just great," said Haines.

Although high winds may have directed the balls in other directions, Santa Monica had a hard time hitting any of the balls thrown by Prendiz and after several foul balls, struck out. In the bottom of the second the Corsairs' first baseman had a nasty collision with Razo who was attempting to steal second. Razo stole third and eventually made it home. With a 7-0 advantage, Valley only had to score one more point in order to offer Santa Monica a mercy play.

"We're gonna get better. That's the name of the game, with each game we will do better," said Valley Coach Frankie Garcia.

A mercy game was inevitable after Valley struck out the side. Valley added insult to injury with a last spectacular play, when pitcher Belen Benitez hit a home run and Valley ended the game 8-0, after six short innings. The second game against the Corsairs ended in a mercy play as well, as Valley beat Santa Monica 13-0 after five innings and a wounded Santa Monica sulked away quietly to lick their wounds.

## ANALYZE THIS

### ATHLETES ARE JUST BETTER THAN YOU

**Stop your whining, if you could swing a bat ... you would.**

**LUCAS THOMPSON**



Time and time again I hear the average Joe, and Joanne to be politically correct, questioning the reasoning behind the common advantages athletes receive. Unfortunately these ridiculous debates typically spin from the un-researched and unmotivated people who saturate our population.

Consider this: of all Division 1 college football players, roughly 4 percent make it into the National Football League. Furthermore, the average length of any player's career in the NFL is only about three years, according to a recent article on MSN.com. Most Americans have at least 30-40 years to plan for retirement, college funds, and vacation plans ... no wonder you have so much time to eat potato chips and criticize athletes.

Don't get me wrong, Of course there are often busts that deserve little more than the hat they received when they were drafted. Take Robert "Tractor" Taylor, the supposed next Chris Webber, who was traded shortly after he was drafted sixth by the Dallas Mavericks in 1998. He gained weight and averaged 4.8 points in seven seasons, according to TheHoopsDoctor.com.

When was the last time you were criticized for gaining weight and not producing against some of the top athletes in the entire world? Obviously not that often, considering 190 million Americans are obese or overweight, according to CBS.com.

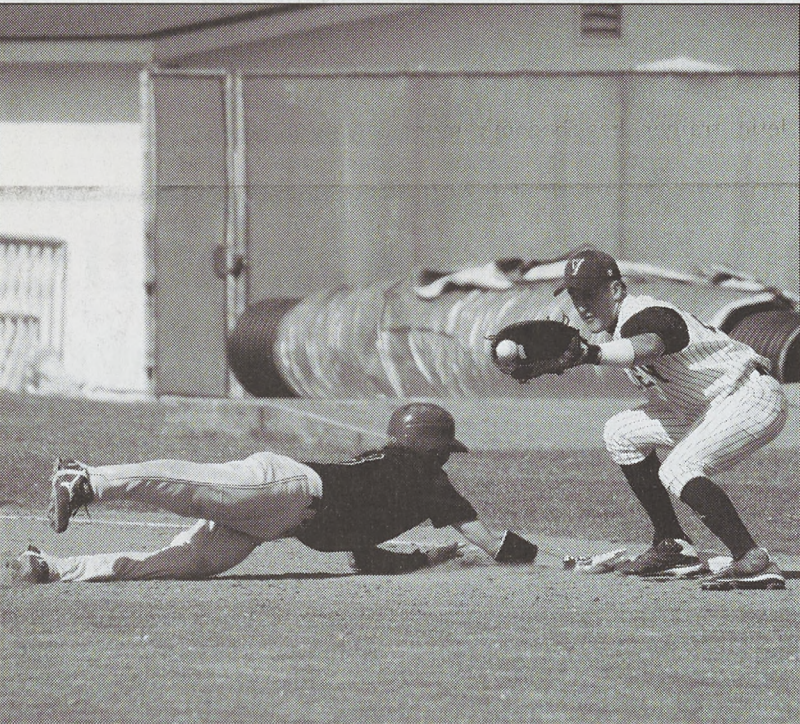
Unfortunately critics only see the superstars. Many pro-athletes end up working regular jobs that hardly match the salaries they were once accustomed to. This means if you work at a bank, try to be a bum for a few days. The superstars of sports are few and far between, but they deserve their money.

For Sports Illustrated's "Fortunate 50," Tiger Woods once again came in as the highest-paid athlete in 2009. He made \$99,737,626 and only \$7,737,262 of this money was made from golf, the rest was from endorsements. So let me break this down. Guy works his entire life to be the best at what he does, millions of people worldwide watch him, and hundreds of companies make millions of dollars from his name being on their product. Let's put your name on a stapler and see how many more we sell.

I don't see anyone criticizing George Clooney who makes \$25+ million per movie. The fact is that superstars like Kobe Bryant, Serena Williams, and Peyton Manning, are making a lot of folks a lot of dough. From endorsements, selling tickets, and putting their names on sporting attire, these guys and girls are multi-million dollar industries themselves. And most of you fuel the success you criticize by buying their clothes and going to their games.

You're not a sports fan you say? Well you're still lining the pockets of someone's brand out there, the only difference is they can't dunk, catch or throw a 60-yard bomb with Ray Lewis hunting them. Care to criticize them?

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 Send general comments to [valleystar@lavalleystar.com](mailto:valleystar@lavalleystar.com)



**REACTION** - Valley starting pitcher, Chase Munoz, throws to first baseman, Trevor McMaster, on an attempt to throw out at a Glendale College player. The two teams faced off last Saturday at Glendale, in a 3-2 Victory for the Vaqueros. Tuesday's game went in favor of the Monarchs, which posted 10 runs to the visiting Glendale's four. The Monarchs next game will be against Bakersfield College, tomorrow at 3 p.m. Valley is now 5-3 in Conference.

## MONARCHS FINALLY PUT IT TOGETHER

**Valley defeated Glendale 10-4 Tuesday afternoon.**

**LUCAS THOMPSON**  
 MANAGING EDITOR

Following yesterday's rematch against Glendale College, after a 3-2 loss Saturday, one thing is certain: the Monarchs got the last laugh. The Monarchs defeated the Glendale College Vaqueros 10-4 in the team's eighth conference game of the season, at home Tuesday afternoon.

The game began with tight defense from both Glendale and Valley. A slew of hits from both sides were met with defenders capturing the quick outs early in the game. At the top of the fifth, only five batters had made it on base from either team.

Valley starting pitcher, Chase Munoz, collected six scoreless innings for the Monarchs. His consistent pitching, according to Head

Coach Dave Mallas, has contributed to the team's 5-3 conference record over the course of the season.

"Every start he's had has been a quality start," Mallas said. "That's been a big catalyst for us as far as our confidence goes offensively. Defensively, when you have a starting pitcher that can go and go six, seven, eight innings pretty much everytime [he] steps on the mound ... they're gonna feel confident going into that game."

In the bottom of the sixth, the Monarchs put up one of their best innings of the season offensively, scoring 10 consecutive runs. The rally began on a double down the third-base line, hit by Valley shortstop Mark Felshaw. The scoring continued through the remainder of Valley's roster, capitalized by a triple from Monarch outfielder Chris Viltz, a steal from first basemen Trevor McMaster, and a double from Valley third baseman and relieving pitcher Josh Goosen-Brown.

Glendale took a stand at the top of the seventh with base hits from outfielder Enrique Osuna and sophomore Jason Ochart. But the Vaqueros were cut off at three runs on a strike out from Munoz. The Vaqueros only posted one more run for the rest of the game, and were defeated 10-4, after a quick three outs ended the ninth.

The Victory gives Valley a 5-13-1 record for the season. Limited errors, big bats, and strong pitching gives the Monarchs confidence heading into the remainder of the season, a confidence that has not saved the Monarch's poor start to the season, but has at least, for now, sent them in the right direction.

"We put it all together, throughout the season we haven't been able to pitch, play defense, and hit all in the same game," Mallas said. "We were able to do that, and we did it for nine innings, today that seems to be the difference over the last couple weeks, playing 27 outs."

## OPINION

### THE IMPORTANCE OF PHYSICAL EDUCATION

**Many Valley students ignore the importance of taking physical education.**

**GIOVANNI GARCIA**  
 STAFF WRITER

Americans often take for granted the opportunities and lifestyle we have all become accustomed to. But when these consistently practiced passive qualities begin to affect our heart, health, and even life expectancy, physical education may be one thing we should take seriously.

"I took my P.E. class because I wanted an easy A," said Valley student Mariela Lepe. It is sad to see that many students take it for granted and don't see the future damage they are doing to themselves.

Many Valley students consider their P.E. class to be an

easy A, but just like any other class, it's meant for students to be challenged. Anyone can walk into a P.E. class and notice which students are trying and which can't wait for the class to be over. Over the years, obesity in the US has aggressively increased. A study done by About.com showed almost two-thirds of U.S. adults aged 20 or older are overweight. But perhaps the resolution to obesity is to start with the foundation. P.E. is a class that teaches discipline of the body and mind.

This should be enough to motivate students to take their P.E. class seriously, but for some reason there is always an excuse of being too tired. Obviously students try hard in math, English, and science because it decides whether they graduate and P.E. does not. But what about living a healthy lifestyle.

"I think it's important to expose exercise and healthy liv-

ing when we are young," commented Valley student Jessica Velasquez.

For one reason or another students usually don't give physical education a second thought, but if they did they would realize something very important. For that one hour of class, there is an organized and concentrated level of exercise, an exercise that most likely surpasses most students' physical activity for an entire week.

"I would go to class and leave after roll call," said Valley student William Canas. "I found it boring and I didn't want to sweat."

With so many people paralyzed, asthmatic, or obese, students should see the beauty of a morning jog or swimming.

Living a healthy life can make you feel mentally and physically good. It's an achievable goal...if students, for once, could put forth some effort.





## TORQUATO

Continued from page 1

private counsel, John Friedman, for comment; he declined.

Torquato was found guilty of violating Penal Code 242 which states, "A battery is any willful and unlawful use of force or violence upon the person of another." The City Attorney agreed to dismiss those charges in lieu of Torquato pleading no contest to battery.

Mateljean went on to state, "We feel satisfied with the results."

Torquato's 36 months of summary probation is the lightest form of probation available. Torquato will not have to report to a probation officer.

In addition to the probation, Torquato will have to serve 45 days of community service, pay a restitution fine to court, cannot use or threaten to use force or violence on any person, do not annoy, harass, molest any person or witness involved in this case, and has been ordered to not associate and stay away from Seda Arepetyan.

Valley's Office of Compliance is also investigating the psychology professor.

"Now that there is an outcome on the legal aspect, we can now finish our investigation here [at Valley]," said Valley President Sue Carleo.

Because the legal investigation had been ongoing, and Torquato had been advised to not speak to anyone regarding the case, the campus investigation has been on hold.

This was to be expected because as Carleo states, "There are rules to follow and that is the standard."

"Now that we can talk to all the parties involved, the Office of Compliance will conduct the investigation and will make a recommendation to me," said Carleo. "Whatever they decide will be consulted between myself and the chancellor to determine the final outcome."

There is no immediate timetable set for Torquato's return. If the campus investigation concludes and Torquato is allowed to return to work, it would not be within the confines of a classroom for at least the remainder of the spring semester, according to Carleo.

"The challenge for the college is to do what's best for the students and for the employee. We must address both issues," added Carleo.

When asked again if Torquato was on paid leave of absence or not, Carleo reiterated that Torquato was, "... just on leave, let's leave it at that."

Torquato earned his bachelor's degree from Willamette University in Salem, Oregon and received a master's degree from the University of North Carolina at Greensboro. He was hired at Valley in 1999.

Torquato is next scheduled in court May 26 for a restitution hearing.



MARCOS PEREZ

## Students Attempt to Meet with Congressmen

## STUDENT PROTESTS

Continued from page 1

crashed out and flowed onto Ballpark Drive toward Capital Mall. Strategically placed police on horseback, bikes, and motorcycles along the mall dammed the protestors to the three right lanes, and were usually successful in their aim.

The march continued for about a mile and ended at the north steps of the state capital.

Several speakers took the stage over the next couple of hours; including students and faculty member like Pres. Reid Milburn of the Student Senate for California Community Colleges, who was Master of Ceremonies.

"We're tired of our fees being raised ... our courses canceled!" Milburn passionately exclaimed to a cheering crowd. "How are we going to save our future if we can't get into our classes?"

Milburn said it's important to partner up with legislators and government, and to "Vote them out," if they don't support education.

Warren Furutani of the 55th District, and Paul Fong of the 22nd District, were two state assemblymen who spoke to the crowd of, allegedly, over 10,000 people about education.

"Fifty years ago California set a standard for the world with regard to education. It's the master plan, which established the CSUs and UCs," said Furutani.

"We'll march in March, activate in April, do more in May, and get justice in June," said Furutani in the closing remarks of his speech.

Furutani advocates for the Assembly Bill 656, which would raise more than \$2 billion dollars by taxing oil companies that drill in California. He noted that every other major oil-producing state in America taxes oil companies.

"In the exercise of your First Amendment rights," said political science professor, Assemblyman Paul Fong. "... you all get an A."

Fong has introduced a bill (AB 1761) that would provide grants to qualifying students at accredited institutions. He opposes the state government freezing current grants, and believes this will discourage graduating high school students from going to college.

The 25 students split into three groups after the rally and attempted to meet with state congress members.

"The legislators know the statistics and numbers already," said ASU Commissioner of Environmental Affairs, and organizer, Jessica Gallardo. "We need to tell them our stories and put a face on those numbers."

Most of the assemblymen and senators were unavailable to speak with the Valley students due to congress being in session, but did provide aides with specialties in the areas of education. After sharing personal stories, the Valley students asked the aides to pass on the plea of, "No cuts to education," to their bosses.

Derick Lennox, assembly fellow to 38th District Assemblyman Cameron Smyth, said that his boss was very sympathetic to the needs of students. In fact a recall was issued for the republican assemblyman for considering voting yes on Proposition 1A, because he had pledged, "No new taxes," to his constituents. He has since agreed to vote against Proposition 1A.

"After much consideration and discussion with hundreds of my constituents, it has become clear that extending the largest tax increase in California's history for an additional two years will only harm hard working Californians and not solve our financial crisis," Smyth said on Votesmyth.com. "Although I strongly support a spending cap, which is a provision of Prop 1A, the report from LAO confirms that raising taxes at any time, especially in a recession does not solve our problem."

Prop 1A would have raised \$16 billion in revenue through taxes, and is supported by the California Teachers Association. A projected \$8 billion shortfall still would have occurred, according to Smyth.

Several students told Lennox stories about the results of entire classes being cut from college. The cuts create limited classroom space and therefore "getting in" is now highly competitive even for classes they need to transfer. Many students are being turned away, and will have to wait a year for the class to open up again, where they still may not be accepted. Compounded with the fact that many public institutions are not accepting mid-year transfers will result in at least a one-year delay in education goals, but will probably be delayed even longer.

"... the only thing that is preventing me from going forward is too few classes," said nursing student Adrian Panameno. "For example, in my Psych 41 class 15 students were rejected, because there was not enough room, and I found the same problem when I went to enroll in other classes. That prevents me from finishing my nursing program, and contributing to society."

Some students said they are currently working two part-time jobs and couldn't afford community college if units are raised to \$40, and especially if grants and fee waivers are gone. The cost in units for a full-time student would run a total of \$600 per semester; not to mention the cost of books. The cost of UC and CSU will increase by 33 percent.

## More Bang for the Buck

**When President Obama signed into effect the American Opportunity Tax Credit, the result was an estimated \$13.9 billion in benefits directed to college students.**

KELLY DAVIS  
STAFF WRITER

Tax time is often the most terrifying time of the year for many. The past year was extremely difficult for much of America, Valley College students included. But the good news is that there is an estimated \$13.9 billion in benefits and relief available to college students this tax season.

Feb. 17, 2009, President Obama signed into law the American Recovery and Reinvestment Act. Included in this law is a newly created tax credit geared especially at college students and their families.

According to tax accountant, Ralph Preston, the American Opportunity Tax Credit is, "An education credit...it's kind of like being reimbursed [for education expenses]."

The American Opportunity Tax Credit is an extension of the Hope Credit. By allowing a larger range of taxpayers to take advantage of the opportunity, it helps an estimated 4 million additional students attend college. Unlike the Hope Credit, it allows students to claim the credit for up to the first four years of college, instead of the previously allotted two years under the Hope Credit. Not only will the new tax credit provide students and families with an estimated \$13.9 billion in benefits, but President Obama has proposed to make this credit a permanent one.

The AOTC is a credit of up to \$2,500 of the cost of tuition and education-related expenses. Even the purchase of a computer can be included if the computer is necessary to enroll or attendance. The credit is calculated based on the first \$2,000 in tuition, fees, and materials and then 25 percent of the next \$2,000, adding up to a total of \$2,500.

To qualify, students must have a modified adjusted gross income of under \$80,000 or \$160,000 if married and filing jointly.

This tax credit affects tax returns somewhat differently than ones in the past. Instead of adjusting one's taxable income, the AOTC will actually reduce the tax liability dollar for dollar depending on eligibility. For instance, a student who pays a total of \$500 in education-related expenses and meets all the requirements to qualify for the credit will see their tax liability decrease by \$500. Which means if they owe the government \$750 in taxes, they would then only owe \$250 when the credit is applied.

Additionally, for students that have an extremely low income, the new tax credit can actually result in a refund from the government when it's time to file taxes. For example, if a student's tax liability is only \$500 for the entire year and they spent \$2,500 on educational expenses, not only will the \$500 be offset, they are also entitled to a 40 percent refund on the additional \$2,000 credit.

Students should keep good records of educational expenses, transcripts, receipts for course materials, cancelled checks, etc. They should also be sure to make it clear to their tax preparer that they would like to take advantage of this credit if they qualify.

## Student Loan Bill a Majority Vote Away

## HEALTH CARE

Continued from page 1

save taxpayers and students millions of dollars in the years to come.

"Anything that makes it better for students to get education, I support," said Valley President Sue Carleo. "We [the district] will be monitoring this, we are all concerned of the cuts that have been made at the state level."

The student loan bill is expected to pass this week with a majority vote. If passed, the bill is expected to save students the cost of high fees charged for taking out loans with private lenders. In the past these high interest loans given from banks were government guaranteed, meaning if a student defaulted on the loan, the government would reimburse the bank's money.

The bill is expected to save taxpayers \$61 billion over the next 10 years, funds that would be delegated to increasing Pell Grants, according to The New York Times. With a majority vote, the bill will also establish an automatic increase in Pell Grant maximum given to \$5,975 by 2017 from \$5,350 this semester, according to the New York Times.

The Health care Reform and change in student loans is marked as an historic event in American history according to many Democrats. The president has now passed two of his largest policy goals, set prior to his election to office, within the two-year mark. Though a certain day of victory for the White House and its administration, displayed by applause and loud cheers, hard opposition and questions of whether or not these plans will succeed are sure to follow the celebration.

## A Town Hall Meeting of Minds

**Valley students congregate for a town hall meeting on campus.**

CRISTINA SERRATO  
STAFF WRITER

Over 300 Valley College students appeared last Wednesday for a town hall meeting held in Monarch Hall. The meeting was organized by Valley's own Political Action Committee to help students learn how to keep fees down, how to be proactively vocal against fee hikes and education cutbacks, and to allow students to meet candidate Nayiri Nahabedian before the midterm elections so they could ask the education questions on their minds.

"We as adults promised you as children that if you studied and worked hard there would be a seat for you in college," said Nahabedian, candidate for 43rd District Assembly and keynote speaker for the event. Nahabedian continued, "We are breaking that promise and that's wrong."

Nahabedian spent several minutes discussing the current state of the education system, the importance of education at every age and the ways she would like to change the system if given the opportunity. Passing the microphone around, Nahabedian played "Oprah" in an open question-and-answer session where the students could voice their concerns about education and government as well as give suggestions on how to fix California's budget crisis.

"In the 1960s California was on the top of the list in education and now we are at the bottom K-12," said Nahabedian. "That's tragic."

Although Nahabedian answered many students' questions and listened to suggestions, much of the conversation stayed on voting and the issues being addressed in the midterm and November elections, as well as the importance of Assembly Bill 656, the Torrico Oil Severance Tax Bill. The bill will require state tax officials to determine how much money California would receive if an oil severance tax were imposed



MIKE ELMAN | VALLEY STAR

**SMOOTH TALKING** - State Assembly candidate Nayiri Nahabedian speaks to students in Monarch Hall following the "Save Our Education" townhall event.

in California. California is the only major oil-producing state in the nation without an oil severance tax and if a tax were implemented, a portion of the tax be used as an investment into the public universities and community colleges throughout California.

To wrap up the meeting, Nahabedian took her final question, which came from a PAC member: "Can we count on your support after you get elected into assembly not to raise tuition fees or support budget cuts?"

Nahabedian answered the question by suggesting that students organize, make a single voice, get on board and write their politicians and representatives with their concerns.

She cited her 10-year history as an educator and track record for voting pro-education hands-down before making her exit.

"I felt a lot of unity among college students, we're all trying to make a difference," said Adrian Panameno, Valley student and PAC member. "[Nahabedian] didn't really answer the question though, she really went around it."

A large group of students stayed after the meeting to rehash the event, many voiced dissatisfaction and confusion by the meeting.

"I feel like we were just being brainwashed to vote for her," said Jason Morales, social psychology major at Valley.



"WE ARE ABSOLUTELY BEING SHAKEN DOWN, THESE UNITS ARE BEING HELD FOR RANSOM."

## HAITIAN RELIEF HELD IN HOLDING PATTERN

### HAITI

Continued from page 1

According to John Akoyan at Amerijet Cargo's Los Angeles Office and FEMA's International arm, US AID turned around two cargo planes full of food and water supplies in early March after Haitian government officials demanded extra fees of \$7,500 per plane to land at the Port-Au-Prince Airfield.

The ransom is thinly veiled as "Duty," or "Import Taxes" under a newly born order from the Ministry of Economy and Finance that changes daily and perhaps depending on who walks thru the door. The new order requires organizations to hand their goods over to the Haitian Department of Civil Protection, as a "donation to the Haitian people." They will review their request (for a fee) and days later, decide if the goods can be released tax free or if a "Duty" fee is needed based on not only the listed value of the goods but also based on the cost to ship it to Haiti. The "Duty" is running as high as 100 times the estimated value.

On a recent aid mission to Port-Au-Prince, my sister and I arrived with 3,000 pounds of donated aid headed for school children and families who have been displaced by the devastating earthquake on January 12. We brought food, tents, seeds, toys and school supplies. My sister's portion of the shipment, a load of donated paper pads, arrived from Kansas. My shipment, with all of the other goods, arrived from Los Angeles. Both were sent via Amerijet Cargo as per the recommendation of the Haitian Customs offices.

After two days of cash bribes to Customs officials and inspectors including the intervention of a very well connected local Haitian businessman, the first two pallets were released to us "Duty" free. We were told the last part of our shipment, the paper, would be held until the Customs director could determine what he "thought our taxes should be." We were summoned the next day, by phone, saying that the "Duty" would be 10,965.15 Haitian Gourdes or \$274.12 US.

When we arrived at the Customs office we had just come from a tent city school where they had no paper to work with. The children were cutting what paper they could find into three pieces, using the front and back for their schoolwork. We came to the Customs office armed with pictures of these kids and our sincere request to release the goods tax-free so we could take them directly to the kids that so desperately needed them.

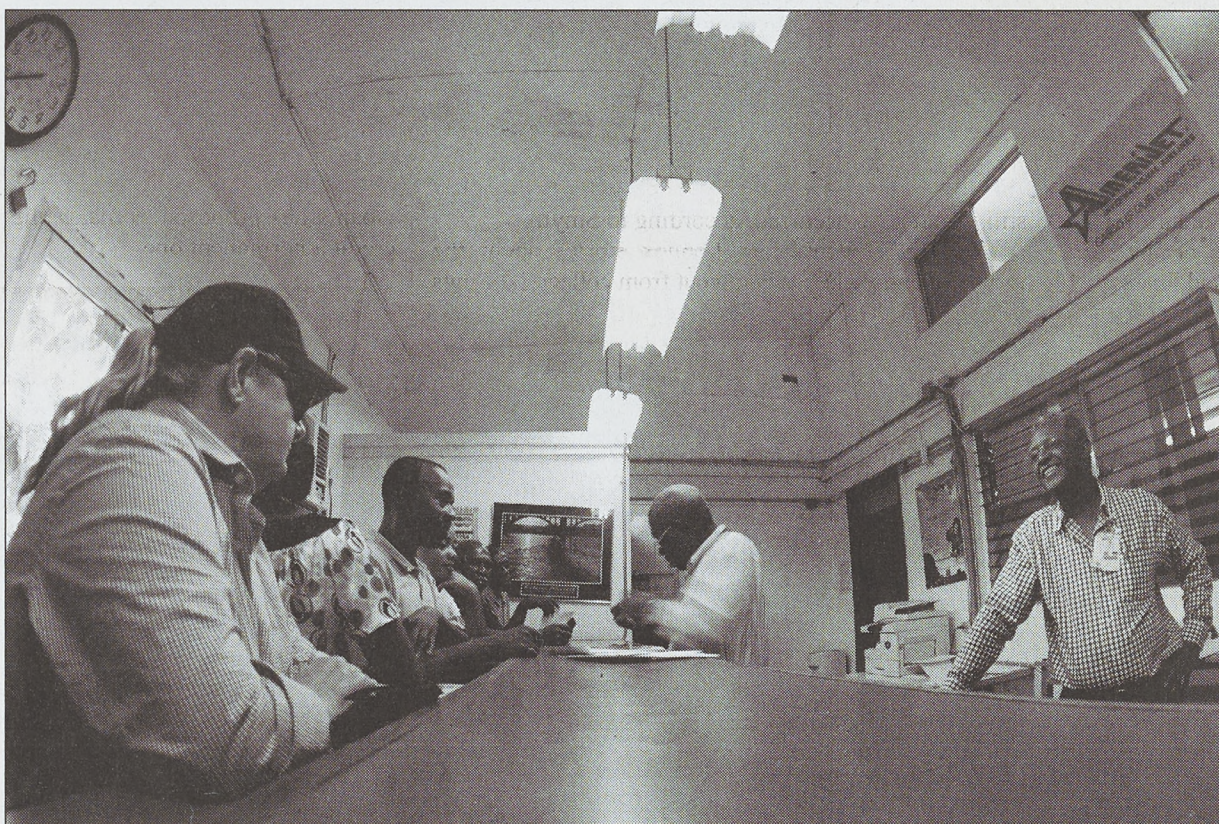
When we pressed to understand that the goods were purely for donations we were met with, "There is nothing more we can do - pay the funds or leave the goods." When asked what would happen to the goods if we left them we were waved away, the Customs director said in Creole, "I will simply sell them to the schools when they are gone."

Our businessman advocate jumped in on our behalf to discuss our case with the Director of Airport Customs. On tape, the director can be heard saying, "I know these goods are of no value. I know that they are for our children. However, they are wealthy Americans and they can afford to pay me what the government here doesn't." The same director went on to say that he and Erve Malebranche, the general sales agent in charge of Amerijet Cargo Port-Au-Prince's office, had "struck a deal to split any funds they can get in under the guise of taxes and keep the money for themselves."

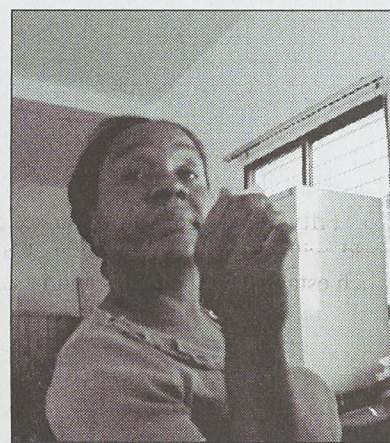
Once the director felt that he would never get any money out of us and was forced to take a phone



**UNDERHANDED DEALINGS** - Inside the Amerijet Cargo warehouse in Port-Au-Prince, there are thousands of boxes full of food, medical aid, construction materials and tents being held up in customs by corrupt officials who are working with the company manager, Erve Malebranche, and pocketing money.

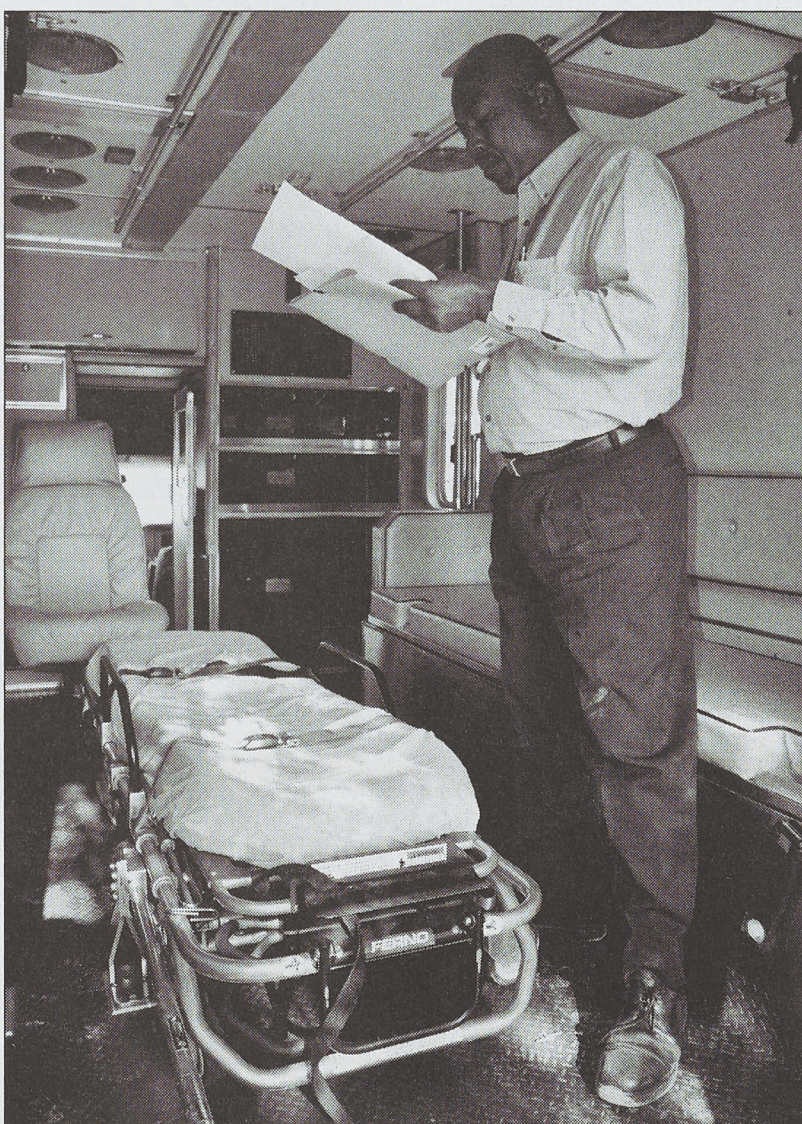


**NEGOTIATING** - The office manager and company general sales agent, Erve Malebranche (right), meets with Theresa Aruchqueta, a Haitian customs official.

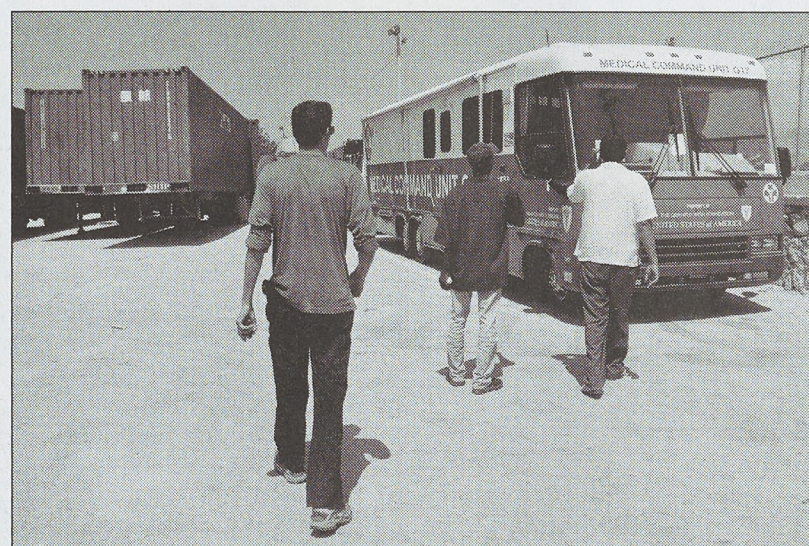


"I will simply sell them to the schools when they are gone."

-Customs director



**\$50 INSPECTION** - A Haitian customs official inspects an ambulance for the second time.



**WASTED** - A 32-foot mobile medical unit, with full examination and triage rooms was built in less than eight weeks; it is currently sitting idle in customs.



**STUCK IN CUSTOMS** - Surrounded by dozens of donated Jeeps and cargo containers full of aid, sits a four-wheel-drive, specially equipped ambulance.

call from a member of the Tourism Ministry office on our behalf, he relented, signed off on the paperwork, and allowed us to pick up our paper tax-free.

At the heart of this quagmire lay many organizations like mine.

Granted Wish Foundation is currently caught up in this twisted tale of bureaucratic red tape. Their foundation helmed by businessman Rodney Napier held fundraisers in both Ohio and Florida and raised over \$100,000 to retrofit and equip both a 36-foot RV and a four-wheel-drive ambulance, turning them into Mobil Trauma Units called "Wishmobiles."

"These units are so well equipped they could serve as the main triage unit for the National General hospital in Port-Au-Prince," Napier says. The hospital's current triage unit is a tent located on the main cobblestone drive way. "This country has never seen the likes of vehicles like these and I fear now that they never will."

The "Wishmobiles" were shipped to Port-Au-Prince and landed at the La Fiteau port on March 12. Along with eight doctors and eight nurses who were sent to get the unit up and running as soon as it hit the ground. The units are currently in a customs yard. John Jacques Valentine is demanding a princely sum to release them. The bill stands at \$23,379 brought down from the first demands of \$63,000. We are absolutely being shaken down," Napier says. "These units are being held for ransom."

"The money for these units was raised by people who are living in one of the areas that have been hardest hit by our current economic downfall," Granted Wish spokesman Tom Merrill says. "These are salt-of-the-earth people who were moved by the photographs they saw coming out of Haiti and they gave every penny they could."

Some goods are getting through. Pastor Brett Furlong of the Cape Christian Church has been in and out of Haiti 17 times since the earthquake. "Everything has gotten where we wanted it to go," Furlong says. "We have had to learn how to get things through by working with the Haitian government instead of against them. ... Sure there are the few cancers who are working in these offices and they absolutely need to be removed. But we have found that when we work with their government to try and make the system work, we get results."

Furlong feels that this is a necessity. "I am willing to deal with the headache to keep the sex and drug traffickers out and keep these kids safe," Furlong stated. "The other day I was in Customs and a doctor said he had Med Aid in his bags; once they opened the bags they were full of handguns." Furlong elaborated, "I'm happy for them to look through my bags I have nothing to hide - and if my having to wait around for an hour or two stops these kinds of guys from getting their guns and drugs in, I'm happy to fill out any piece of paper they need me to as many times as they need them."

These corrupt few need to be removed from the ranks of the Haitian government so that the world can get to work on helping these people rebuild the lives they so desperately deserve. We cannot stop supporting them simply because of a few nefarious characters. We need to forge on, not forget and bring these guys down.

After the days we spent fighting for our shipment, in the end the smiles, the hugs and the heartfelt thanks made every second worth it. I would do it again just to be able to dance in the street with a boy who thought he would never dance again.



# EARTHQUAKES PART II OF III

## Causing A Ripple Effect

**Although the quake only lasted about eight seconds, the Northridge Earthquake is still remembered 16 years later.**

**GUADALUPE GONZALEZ**  
STAFF WRITER

The San Fernando Valley, and the rest of Los Angeles and its surrounding areas, was woken before dawn on Martin Luther King Jr. Day, Jan. 17, 1994, shaken by a 6.7 magnitude earthquake. It was dubbed the Northridge Earthquake by the media although the epicenter was later pinpointed in Reseda.

"When I woke up, I said, 'Uh-oh, I feel the earth moving under my feet,'" sang Valley student Cilo Hidalgo Jr., referring to the song by Carole King. Luckily only three dishes broke in his home near Satcoy and Wilbur. His friend's house just a few blocks away, however, was not so lucky.

"The quake broke everything," he said.

Fifty-seven people were killed in the earthquake and left nearly 12,000 injured. Hospitals closed, power lines went out, the Santa Monica I-10 and Ronald Reagan

CA-118 freeways were damaged and closed while the Interstate 5 and CA-14 freeways collapsed, as well as numerous other buildings. The Los Angeles Fire Department reported 466 fires for that day; regularly there are 30-40 fires on a daily basis. One hundred thousand houses and businesses were damaged, totaling \$40 billion in damages, according to FEMA. President Clinton declared the area a federal disaster, and the Red Cross established shelters throughout the Valley.

"I remember I was like six or seven and school was canceled, and it was for a week, I think," recalls nursing student Carla Jimenez, now 24. "I was really happy about it because of school, you know. I was a kid."

She said it was her dad who woke her up, not the quake. "He told me not to go [back] to sleep because there was going to be an aftershock." And there were plenty.

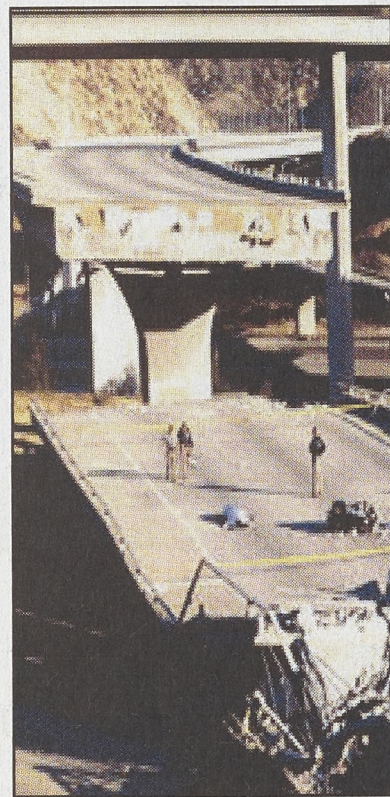
According to the California Institute of Technology, through Dec. 31 of that year there were 11,030 aftershocks, but just more than 400 of them could be felt, ranging from 3.0 to 5.9 on the Richter scale.

Jimenez does remember being scared, but not as scared she would be if there were another earthquake. She said, "Of course I was scared, I was a little kid. I wasn't as scared as I would be now. Now I think I would freak out."

However, like many Southern

California residents who are aware they live in earthquake country, she does not believe she is prepared for this overdue earthquake.

"You always procrastinate, you think, I'll do it later. I don't need it right now," she said. She believes most people like her wait for the earthquake to stock up on supplies. Until it hits, she says, she will continue planning to plan.



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## PREPARATION FOR PACIFIC NORTHWEST

**As scientists stress the unavoidable big one, preparation will be key in limited damage and life loss.**

**LUCAS THOMPSON**  
MANAGING EDITOR

Two things are certain. It cannot be predicted, and it will be catastrophic. As we steadily approach the inescapable day the Pacific Northwest fault erupts, preparation will be goal one.

Ground shaking, landslides, tsunamis, fires, and building damage are a few of the hazards the Pacific Northwest faces from the next Cascadia Subduction zone earthquake, according to the Cascadia Region Earthquake Group (CREW). The ground, according to a magnitude 9.0 scenario the group published, could shake for up to four minutes, causing unparalleled damages and thousands of fatalities.

According to Time Magazine, "Disaster Managers" in Oregon and Washington are aware of the risks a mega-quake, such as the one in Chile, could cause to the region located from Northern California to Washington. The fault has been an ongoing concern for residents and scientists, but has just recently received more atten-



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tion due to the "Great Quake" that struck Chile. The fault, according to Geology.about.com, is our "tectonic version" of the one near Sumatra, that caused the magnitude 9.3 earthquake and devastating tsunami of 2004.

In preparation, scientists and the state of Oregon have been working diligently to shore up schools, hospitals, and other buildings that are feared to collapse during a large quake.

"We have been preparing aggressively," said Barb Graff, who heads the Seattle Office of Emergency Management, in a recent interview for Time Magazine.

According to CREW, the last Cascadia earthquake took place Jan. 26, 1700; the tsunami generated from the quake reached the shores of Japan the following day. The previous quakes took place at approximately 900, 750, and 400 A.D. This geological evidence suggests that there is an average of 500 years between ruptures. CREW also reports that shortly after the quake erupts, a destructive

tsunami will hit the coast, traveling across the Pacific Ocean.

"We're definitely being proactive in trying to get those fixed, but we have a long way to go," said Yumei Wang, Geohazards team leader with the Oregon Department of Geology and Mineral Industries in a recent article from MSNBC.com.

All high-rise buildings built pre-1994, when the codes for earthquakes became stricter, will be much more vulnerable to major damage and collapse. Because of this, major efforts have been put forth in retrofitting and reinforcing these and other types of buildings susceptible to major damage.

Ongoing efforts to reinforce the buildings and educate the residents of the Pacific Northwest will be vital to the recovery of neighborhoods, economic stability and death toll that will emphasize the quake. The best preparation, unfortunately for the area's population, may be to consider relocation.



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## Legendary Earthquakes

**Every culture has different beliefs about earthquakes.**

**VINCE DORIN**  
STAFF WRITER

Earthquakes are just one of the natural disasters that most people have experienced. Most people see natural disasters from the scientific point of view; somehow before all the science lived simple people who had different explanations of what causes these events.

In Greek mythology, Poseidon (the god of the sea) is responsible for earthquakes. As a god he seemed to be temperamental. So when upset, he would strike the ground to cause not just earthquakes but also tidal waves.

The Japanese myth for earthquake is quite different. A giant catfish (Namazu) lived in mud beneath the earth. The catfish liked to play pranks and could only be restrained by Kashima, a god who protected the Japanese people from

earthquakes. So long as Kashima kept a mighty rock with magical powers over the catfish, the earth was still. But when he relaxed his guard, the catfish thrashed about, causing earthquakes.

Different myths for earthquakes are very interesting. It shows that people can have different beliefs, but in the long run, we all live in the same world.

In Peru, whenever their god visited the earth to count how many people were there, his footsteps caused earthquakes. To shorten his task, the people ran out of their houses to shout, "I'm here, I'm here!" This myth involves leaving the houses, which is a good precaution for earthquakes.

"I have heard about the giant catfish that Japan believed caused the earthquakes," Miguel Sanchez, freshman at Valley College. "I thought it was a cool piece of info to know people were so innocent about nature at some point."

In some parts of Mexico, their belief was that El Diablo (the devil) made a giant rip in the ground so that he and his cohorts did not have

to take the long way around whenever they wanted to stir up mischief in Earth.

"I have never heard of the myth in Mexico before," stated Ana Torres. "But most likely in deep Mexico they do believe that."

The belief that eight mighty elephants held up the land came from India. It was said that when one of them grew weary, it lowered and shook its head, causing an earthquake.

In Siberia, Russia, their belief was that a god named Tuli drove an earth-laden sled pulled by flea-infested dogs: when the dogs stopped to scratch, the earth shook.

The myth of a gigantic frog which carried the world on its back, twitched periodically, producing slight quakes came from Mongolia, China.

There are other myths and beliefs about earthquakes from other places. It's interesting to know all these folklore now that—thanks to science and technology—we know what really causes the earth to shake.

## Earthquakes in History

**We all remember the recent devastation of earthquakes around the world, but what about those of years' past?**

**KELLY DAVIS**  
STAFF WRITER

### Wednesday, March 24

•Today is the anniversary of one of the world's deadliest earthquakes — an M7.3 quake that shook China in 1923, leaving 3,500 dead.

### Thursday, March 25

•In 1976, an M4.8 earthquake shook Turkey, killing at least one and injuring several. A year later, Turkey was hit with an M5.2 quake that killed 30. In Iran, an M5.2 quake killed 30, injured 61, and damaged many homes in 1983. An M7.3 Costa Rican quake in 1990 injured 10 people and severely damaged 60 buildings. The largest instrumentally recorded quake in the Balleny Islands region shook at an M8.1 in 1998.

### Friday, March 26

•26,000 were killed in Venezuela in 1812 when an M7.7 quake destroyed the city of Caracas. California felt one of the largest earthquakes in the United States in 1972 when an M7.4 quake destroyed 52 of the 59 houses in Lone Pine and killed 27 people.

### Saturday, March 27

•In 1984, an M6.8 quake injured 11 in Guinea, destroyed many buildings, and caused substantial ground fissures.

### Sunday, March 28

•One of the busiest days in earthquake history today saw both an M5.1 quake in Nebraska and an M9.2 quake in Alaska that claimed 128 lives and \$311 million in damages in 1964. In Chile, 400 were killed and 350 injured in 1965 when an M7.1 quake shattered a 230-foot dam, burying the village of El Cobre.

•In 1969, 11 were killed and 7,000 homes destroyed in Turkey by an M6.4 quake. The following year, 1,000 were killed in one of the world's deadliest quakes, an M6.9

Turkish quake that destroyed more than 12,000 houses. In 1975, an M6.2 quake shifted several houses off their foundations in Idaho.

•Three people were killed in 1982 during an M6.1 earthquake in Peru. Ecuador saw an M6.0 quake claim the lives of 27 and injure 100 in 1996. And more than 1,300 people were killed and at least 340 were injured in the M8.6 earthquake and resulting tsunami that devastated Indonesia in 2005.

### Monday, March 29

•An M7.0 foreshock shook Hawaii in 1868. An M7.9 quake damaged property in Spain in 1954. In 1969, the town of Sardo was ravaged, killing 24, injuring 165, and destroying 100 mud huts, when an M6.4 quake shook Ethiopia.

At least 100 people were killed, more than 300 injured, and 21,100 homes destroyed in India during an M6.6 quake in 1999.

### Tuesday, March 30

•In 1965, an M7.3 earthquake shook Alaska.